

Week 1 Week Begins: 16 April, 7 May, 28 May, 18 June, 20 August, 10 September and 1 October	
Mon	Tuna Mayonnaise Sandwiches 🌾🥚🐟🥦🍌 with Salad Bar Accompaniments Freshly Prepared Bolognese Sauce Breaded Vegetable Nuggets ✓🌾 with Spaghetti Green Beans Grated Carrot Freshly Baked Iced Sponge and Custard
Tues	Oven Baked Butchers Pork Sausages 🌾🥚🐟🥦🍌 Oven Baked Quorn Sausages ✓🌾🥚🐟🥦🍌 Freshly Prepared Hot Kickin Chicken 🌾🥚🐟🥦🍌 with Mashed Potatoes Rice Baked Beans Broccoli Seasonal Fruit Crunch and Cream
Wed	Ham Sandwiches 🌾🥚 with Salad Bar Accompaniments Freshly Prepared Chicken Curry 🌾🥚🐟🥦🍌 Freshly Prepared Tomato Penne Pasta ✓🌾 with Rice Sweetcorn Coleslaw Frozen Yoghurt
Thur	Crispy Battered Cod Fillet 🌾🐟 Freshly Prepared Beef Stir Fry 🌾🥚🐟🥦🍌 Cheese & Pineapple Salad ✓🌾 with Chips Peas Cherry Tomatoes Pears & Chocolate Custard
Fri	Egg Mayonnaise Sandwiches ✓🌾🥚🐟🥦🍌 with Salad Bar Accompaniments Stuffed Crust Cheese & Tomato Pizza ✓🌾🥚🐟🥦🍌 Freshly Prepared Vegetable Risotto ✓🌾 with Garlic Bread Beetroot Carrots Freshly Baked Brownie Cookie

Primary School Menu Summer 2018

Menu choices may change at short notice

QMS
QUALITY MEAT SCOTLAND
We use locally grown produce where possible



Week 2 Week Begins: 23 April, 14 May, 4 June, 25 June, 26 August, 17 September and 8 October	
Mon	Turkey Sandwiches 🌾🥚 with Salad Bar Accompaniments Organic Pork Meatballs in Gravy 🌾🥚 Freshly Prepared Macaroni Cheese ✓🌾🥚🐟🥦🍌 with Mashed Potatoes Peas Beetroot Ice Cream with Seasonal Fruit
Tues	Ham Sandwiches 🌾🥚 with Salad Bar Accompaniments Gluten Free Salmon Fish Finger 🐟 Freshly Made Italian Bean Bake ✓🌾🥚🐟🥦🍌 with Spaghetti Hoops Sweetcorn Cucumber Freshly Baked Sticky Toffee Pudding & Custard
Wed	Homemade Vegetarian Sausage Roll ✓🌾🥚🐟🥦🍌 Freshly Made Chicken Korma 🌾🥚🐟🥦🍌 Baked Potato with Tuna Mayonnaise 🌾🐟🥦🍌 with Rice Green Beans Baked Beans Freshly Baked Chocolate Shortbread
Thur	Traditional Scottish Steak Mince BBQ Chicken with Pitta Bread 🌾 Freshly Prepared Herbie Spaghetti ✓🌾🥚🐟🥦🍌 with Baby Boiled Potatoes Carrot Mixed Peppers Fresh Fruit Salad & Natural Yoghurt
Fri	Butchers Hot Dog Sausage in a Bun 🌾🥚🐟🥦🍌 Vegetarian Hot Dog in a Bun ✓🌾🥚🐟🥦🍌 Freshly Made Cheese & Tomato Quiche ✓🌾🥚🐟🥦🍌 with Seasoned Wedges Coleslaw Broccoli Freshly Baked Seasonal Muffin

APRIL					MAY					JUNE					JULY					AUGUST					SEPTEMBER					OCTOBER									
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri					
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23	24	25	26	27	21	22	23	24	25	18	19	20	21	22	HOLIDAY					HOLIDAY					10	11	12	13	14	17	18	19	20	21					
30					28	29	30	31		25	26	27	28	29	HOLIDAY					HOLIDAY					HOL	21	22	23	24	HOL	25	26	27	28	29	30	31		

Week 3 Week Begins: 30 April, 21 May, 11 June, 2 July, 3 September and 24 September	
Mon	Egg Mayonnaise Sandwiches ✓🌾🥚🐟🥦🍌 with Salad Bar Accompaniments Freshly Made Chilli Wedge Bake Oven Baked Salmon Nuggets 🌾🥚🐟🥦🍌 with Pasta Twists Baked Beans Veg Medley Rice Pudding & Peaches
Tues	Tuna Mayonnaise Sandwiches 🌾🥚🐟🥦🍌 with Salad Bar Accompaniments Red Tractor Roast Chicken Fillet with Mealie Quorn Toad in the Hole ✓🌾🥚🐟🥦🍌 with Roast Potatoes Carrots Diced Cucumber & Tomato Homemade Tiffin
Wed	Scottish Beef Steak Casserole 🌾 Freshly Baked Chicken & Cheese Enchilada 🌾🥚🐟🥦🍌 Creamy Vegetable Vol-au-Vent ✓🌾🥚🐟🥦🍌 with Mashed Potato Peas Sweetcorn *ASSIST FM School Cook of the Year Cranachan Cupcake*
Thur	Freshly Made Italian Beef 🌾🥚🐟🥦🍌 British Crispy Crumb Turkey Burger 🌾🥚🐟🥦🍌 Singapore Noodles ✓🌾🥚🐟🥦🍌 with Garlic Bread Coleslaw Mixed Veg Freshly Prepared Fruit Cheesecake
Fri	Cold Roast Pork Sandwiches 🌾🥚 with Salad Bar Accompaniments Homemade Chicken Pie 🌾🥚🐟🥦🍌 4 Cheese Ravioli with Tomato Sauce ✓🌾🥚🐟🥦🍌 with Potato Croquettes Broccoli Beetroot Meringue and Seasonal Fruit

Every day:

- Free Bread** (Image of a loaf of bread)
- Salad Bowl** (Image of a green salad bowl)
- *Options:**
 - Yoghurt & Fresh Fruit** (Image of an apple)
 - Glass of Milk or Water** (Image of a glass)
 - Cheese & Biscuits** (Image of a biscuit)

**Alternatives to puddings*

14 Allergens

The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide. There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

- 1) Celery:** 🌿 This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
- 2) Cereals containing gluten:** 🌾 Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
- 3) Crustaceans:** 🦀 Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
- 4) Eggs:** 🥚 Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- 5) Fish:** 🐟 You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
- 6) Lupin:** 🌱 Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
- 7) Milk:** 🥛 Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
- 8) Molluscs:** 🐌 These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
- 9) Mustard:** 🌿 Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
- 10) Nuts:** 🌰 Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
- 11) Peanuts:** 🌿 Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
- 12) Sesame seeds:** 🌱 These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
- 13) Soya:** 🌱 Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
- 14) Sulphur dioxide (sometimes known as sulphites):** 🌿 This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies
 Sign up to our allergy alerts on food.gov.uk/allergy-alerts or follow #AllergyAlert on Twitter & Facebook
 Let's keep connected at food.gov.uk/facebook
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