

Week 1		Week Begins: 17 April, 8 & 29 May, 19 June, 21 August, 11 September and 2 October				
Mon	Tuna Mayonnaise Sandwiches <i>(Gluten/Egg/Fish/Milk/Mustard/Soya)</i> Butchers Grilled Pork Sausages <i>(Gluten/Soya)</i> <i>(Vegetarian)</i> Broccoli Bake <i>(Milk/Sulphur Dioxide)</i> <i>Mashed Potatoes Baked Beans Diced Mixed Vegetables</i>					Fresh Fruit Platter
Tues	Turkey Sandwiches <i>(Gluten/Soya)</i> Chicken Pie <i>(Gluten/Milk)</i> <i>(Vegetarian)</i> Tomato Pasta <i>(Gluten)</i> <i>Potato Croquettes Sweetcorn Coleslaw</i>					Seasonal Fruit Crumble & Custard <i>(Gluten/Milk)</i>
Wed	<i>(Vegetarian)</i> Quorn Chicken Free Sandwiches <i>(Gluten/Soya)</i> <i>(Vegetarian)</i> Macaroni Cheese <i>(Gluten)</i> <i>(Vegetarian)</i> Jacket Potato with Baked Beans <i>Garlic Bread Broccoli Grated Carrots</i>					<i>(Vegetarian)</i> Lentil Soup <i>(Celery)</i>
Thur	Ham Roll <i>(Gluten/Egg/Milk/Sesame/Soya)</i> Chicken Goujons <i>(Gluten)</i> <i>(Vegetarian)</i> Quorn Chilli Wedge Bake <i>(Celery/Gluten/Egg)</i> <i>Spaghetti Hoops Green Beans Coleslaw</i>					Seasonal Fresh Fruit Salad with Natural Yoghurt <i>(Milk)</i>
Fri	Chicken Mayonnaise Wrap <i>(Gluten/Egg/Milk/Mustard)</i> Oven Ready Breaded Haddock <i>(Gluten/Fish)</i> <i>(Vegetarian)</i> Vegetable Risotto <i>(Celery)</i> <i>Chips Peas Baby Carrots</i>					Oat Cookie <i>(Gluten/Egg)</i>

Primary School Menu Summer 2023

Menu choices may change at short notice

QMS
QUALITY MEAT SUPPLY
We use locally grown produce where possible



Please note on the days where puddings are not allocated children can choose from the Everyday Options available.

Packed lunches for school trips are available to order

Week 2		Week Begins: 24 April, 15 May, 5 & 26 June, 28 August, 18 September and 9 October				
Mon	Turkey Sandwiches <i>(Gluten/Soya)</i> Mince and Pastry Square <i>(Celery/Gluten)</i> <i>(Vegetarian)</i> Vegetable Curry <i>(Celery/Mustard)</i> <i>Mashed Potatoes Rice Peas Broccoli</i>					Fresh Fruit Platter
Tues	Sliced Chicken Sandwiches <i>(Gluten/Soya)</i> Gluten Free Salmon Fish Fingers <i>(Fish)</i> <i>(Vegetarian)</i> Sweetcorn and Pepper Quiche <i>(Gluten/Egg/Milk)</i> <i>Potatoes Baked Beans Coleslaw</i>					<i>(Vegetarian)</i> Lentil Soup <i>(Celery)</i>
Wed	Tuna Mayonnaise Sandwiches <i>(Gluten/Egg/Fish/Milk/Mustard/Soya)</i> Chicken Fajitas <i>(Gluten)</i> <i>(Vegetarian)</i> Jacket Potato with Cheese <i>(Milk)</i> <i>Savoury Rice Carrots Cucumber</i>					Tiffin <i>(Gluten/Milk)</i>
Thur	<i>(Vegetarian)</i> Savoury Cheese Wrap <i>(Gluten/Egg/Milk/Mustard)</i> Gluten Free Pork Meatballs in Gravy <i>(Soya/Sulphur Dioxide)</i> <i>(Vegetarian)</i> Vegetable Stirfry <i>(Gluten/Sesame/Soya)</i> <i>Pasta Twists Broccoli Baked Beans</i>					Seasonal Fresh Fruit Salad with Natural Yoghurt <i>(Milk)</i>
Fri	<i>(Vegetarian)</i> Egg Mayonnaise Roll <i>(Gluten/Egg/Milk/Mustard/Sesame)</i> <i>(Vegetarian)</i> Stuffed Crust Cheese and Tomato Pizza <i>(Gluten/Milk)</i> <i>(Vegetarian)</i> Quorn Bolognaise <i>(Gluten/Egg)</i> <i>Spaghetti Sweetcorn Green Beans</i>					Seasonal Fruit Muffin <i>(Gluten/Egg/Milk)</i>

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					
					HOL	In-Service Day	3	4	5				1	2	3	4	5	6	7	HOLIDAYS									1	2	3	4	5	6					
HOLIDAYS					HOL	9	10	11	12	5	6	7	8	9	HOLIDAYS										4	5	6	7	8	9	10	11	12	13					
					15	16	17	18	19	12	13	14	15	16											11	12	13	14	15	HOLIDAYS									
17	18	19	20	21	22	23	24	25	26	19	20	21	22	23	HOLIDAYS										In-Service Day	22	23	24	25						18	19	20	21	HOL
24	25	26	27	28	29	30	31			26	27	28	29	30											28	29	30	31		HOL	26	27	28	29					

Week 3		Week Begins: 1 & 22 May, 12 June, 3 July, 4 & 25 September				
Mon	Turkey Roll <i>(Gluten/Egg/Milk/Sesame/Soya)</i> Oven Ready Breaded Haddock <i>(Gluten/Fish)</i> <i>(Vegetarian)</i> Herbie Spaghetti <i>(Gluten)</i> <i>Chips Peas Coleslaw</i>					Fresh Fruit Platter
Tues	<i>(Vegetarian)</i> Cheese Sandwiches <i>(Gluten/Milk/Soya)</i> <i>(Vegetarian)</i> Vegetable Noodles <i>(Celery/Gluten/Egg/Soya)</i> <i>(Vegetarian)</i> Homemade Vegan Sausage Roll <i>(Gluten)</i> <i>Mashed Potatoes Sweetcorn Baked Beans</i>					Chocolate Sponge & Custard <i>(Gluten/Egg/Milk)</i>
Wed	Ham Sandwiches <i>(Gluten/Soya)</i> Chicken Korma <i>(Celery/Milk/Mustard)</i> <i>(Vegetarian)</i> Quorn Burrito <i>(Gluten/Egg/Milk)</i> <i>Rice Diced Mixed Vegetables Sweetcorn</i>					<i>(Vegetarian)</i> Lentil Soup <i>(Celery)</i>
Thur	<i>(Vegetarian)</i> Egg Mayonnaise Wrap <i>(Gluten/Egg/Milk/Mustard)</i> Roast Chicken with Mealie <i>(Gluten)</i> <i>(Vegetarian)</i> Cheese Wheel <i>(Gluten/Egg/Milk/ Sulphur Dioxide)</i> <i>Roast Potatoes Brussels Sprouts Baked Beans</i>					Seasonal Fresh Fruit Salad with Natural Yoghurt <i>(Milk)</i>
Fri	Chicken and Sweetcorn Sandwiches <i>(Gluten/Egg/Milk/Mustard/Soya)</i> Butchers Special Burger in a Bun <i>(Gluten/Egg/Milk/Sesame/Soya/Sulphur Dioxide)</i> <i>(Vegetarian)</i> Singapore Noodles <i>(Gluten/Egg/Sesame/Soya)</i> <i>Potato Wedges Coleslaw Broccoli</i>					Shortbread <i>(Gluten)</i>

Every day:



*Options:



or



*Alternatives to puddings

We use seasonal produce

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: [Foodstandards.gov.scot/consumers/food-safety/food-allergies-or-nhsinform.scot/illnesses-and-conditions/nutritional/food-allergy](https://www.foodstandards.gov.scot/consumers/food-safety/food-allergies-or-nhsinform.scot/illnesses-and-conditions/nutritional/food-allergy)
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