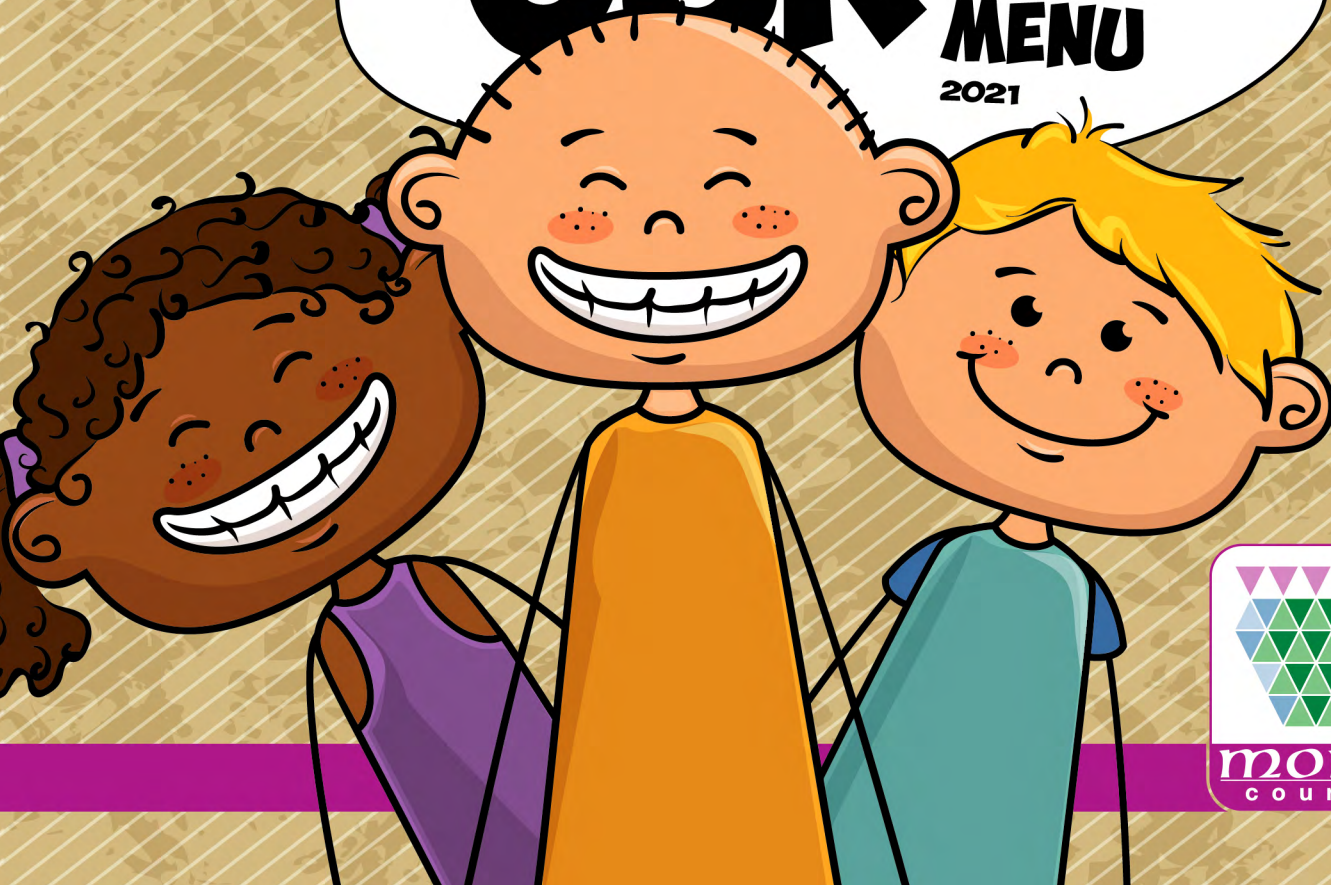


# OUR SCHOOL LUNCH MENU

2021



# Week 1

V is for vegetarian  
VV is for vegan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Green Choice</b>	Cheese and tomato pizza (V)	Breaded chicken goujons	Macaroni cheese (V)	Roast pork with apple sauce	Bubble fish
<b>Yellow Choice</b>	Chicken curry or vegetable and lentil curry (V)	Steak mince with vegetables or lentil vegetable casserole (VV)	Falafel slice (VV)	Ham and cheese melt baguette	Chicken sausages or vegetarian sausages (V) with gravy
<b>Orange Choice</b>	Fish pie topped with potatoes	Jacket potato with baked beans and cheese (V)	Spring roll (VV)	Vegetable meatballs in tomato sauce (V)	Vegetable fajitas (VV)
<b>Soup / Puddings</b>	Mixed long grain rice Potato wedges	Potatoes Pasta twirls	Potatoes Garlic bread	Potatoes Spaghetti	Potatoes Pasta twirls
	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables
	Lentil soup (VV) Selection of fresh fruit served with optional natural yoghurt	Vegetable soup (VV) Oatie biscuit served with fruit salad Selection of fresh fruit served with optional natural yoghurt	Potato soup (VV) Selection of fresh fruit served with optional natural yoghurt	Chicken and rice soup Selection of fresh fruit served with optional natural yoghurt	Tomato soup (VV) Gingerbread sponge with mandarins Selection of fresh fruit served with optional natural yoghurt

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# Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Green Choice</b>	Beef casserole	Tomato pasta (V)	Chicken pie	Butcher beef burger in a roll or vegetarian burger in a roll (V)	Roast chicken and gravy
<b>Yellow Choice</b>	Fish fingers	Potato and vegetable cakes (VV)	Vegetable chow mein (V)	Salmon and sweet potato fishcake	Vegetable lasagne (V)
<b>Orange Choice</b>	Potato and baked bean pie (V)	Jacket potato with cheese (V)	Tuna mayonnaise wrap	Cheesy vegetable pasta (V)	Savoury vegetable rice (VV)
<b>Soup / Puddings</b>	Potatoes Pasta twirls	Wholemeal roll Pasta twirls	Potatoes	Potatoes Chips	Potatoes Wholemeal roll
	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables
	Yellow split pea soup (VV) Cornflake biscuit served with fruit salad	Carrot and potato soup (VV) Selection of fresh fruit served with optional natural yoghurt	Cream of lentil soup (V) Plain muffin served with peaches Selection of fresh fruit served with optional natural yoghurt	Chicken noodle soup Selection of fresh fruit served with optional natural yoghurt	Scotch broth (VV) Chocolate sponge served with pears Selection of fresh fruit served with optional natural yoghurt
	Selection of fresh fruit served with optional natural yoghurt				

# Week 3

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VV is for vegan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Green Choice</b>	Breaded haddock	Beef bolognaise or vegetable bolognaise (VV)	Butcher sausage in a roll or vegetarian sausage in a roll (V)	Macaroni cheese (V)	Steak pie
<b>Yellow Choice</b>	Falafel slice (VV)	Breaded chicken goujons	Salmon kedgeree	Vegetable meatballs in gravy (V)	Chicken curry or vegetable and lentil curry (VV)
<b>Orange Choice</b>	Chicken and broccoli noodles	Cheese and pineapple wrap (V)	Vegetable chilli (VV)	Vegetable hotpot (VV)	Spring roll (VV)
<b>Soup / Puddings</b>	Potatoes Wholemeal roll	Potatoes Spaghetti	Potato wedges Long grain rice	Potatoes Garlic bread	Potatoes Long grain rice
	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables
	Lentil soup (VV) Spiced bun served with fruit salad Selection of fresh fruit served with optional natural yoghurt	Tomato soup (VV) Shortbread served with fruit salad Selection of fresh fruit served with optional natural yoghurt	Vegetable soup (V) Selection of fresh fruit served with optional natural yoghurt	Potato soup Selection of fresh fruit served with optional natural yoghurt	Chicken and pasta soup Lemon sponge served with mandarins Selection of fresh fruit served with optional natural yoghurt

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VV is for vegan

# Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Green Choice</b>	Spaghetti marinara (VV)	Cajun chicken meatloaf	Chicken and vegetable fricassee	Sausage roll or vegetarian sausage roll (V)	Roast beef and gravy
<b>Yellow Choice</b>	Potato and vegetable cakes (VV)	Salmon fish fingers	Homemade vegetable pizza (V)	Cottage pie	Breaded fish goujons
<b>Orange Choice</b>	Jacket potato with baked beans (V)	Cheese and red pepper wrap (V)	Bean and vegetable casserole (V)	Mexican rice (V)	Vegetable pasta bake (V)
<b>Soup / Puddings</b>	Wholemeal roll Pasta twirls	Potatoes Potato wedges	Potatoes Long grain rice	Potatoes Wholemeal roll	Potatoes Pasta twirls
	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables
	Yellow split pea soup (VV) Fruit salad served with flapjack Selection of fresh fruit served with optional natural yoghurt	Lentil and tomato soup (VV) Selection of fresh fruit served with optional natural yoghurt	Chicken noodle soup (V) Vanilla ice cream served with fruit salad Selection of fresh fruit served with optional natural yoghurt	Scotch broth (VV) Selection of fresh fruit served with optional natural yoghurt	Cream of carrot soup (VV) Plain muffin served with peaches Selection of fresh fruit served with optional natural yoghurt

## **Special diets**

Make the head teacher aware of any allergies or intolerances your child has when they start school. We can arrange to have a meeting with you to discuss meal options. We will always try to accommodate all types of special diets in our school meals, including gluten free, dairy free, etc.

## **How much do school meals cost?**

All children are eligible for free school meals until they reach P4. Meals from P1-P3 are available automatically. From P4, school meals can be purchased online and from the school.

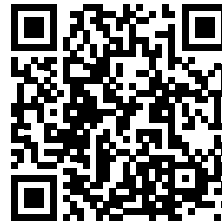
P1-3	Free
P4-7	£2.30

## **Ipay system**

When you register with Ipay you can check the account balance, see what meal choices they have made, see a full payment history. You will also be able to see any messages the school has added.

If you haven't already registered please contact your schools administrator to give you further information and the link required for your child.

If you think you might be entitled to Free School Meals please click link below: [http://www.moray.gov.uk/moray\\_standard/page\\_55486.html](http://www.moray.gov.uk/moray_standard/page_55486.html)









## **fresh milk**

from Graham's Dairy in Nairn



## **free range eggs**

from Allarburn in Elgin



## **seasonal vegetables**

from Swansons Fruit & Veg in Elgin



## **quality meat**

from Fraser Brothers Butchers in Forres

**You Tube**

**Check out our video on YouTube:**  
<https://youtu.be/-L0bBhvV16U>

