

# ALLERGENS

Week One Monday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollsucs	Wheat	Barley	Oats	Rye
Sweetcorn Soup																		
Mexican Soup	x														x			
Chicken Curry	x														x			
Vegetable Biryani	x														x			
Rice																		
Chipati	x														x			
Broccoli																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	
Chocolate Cake	x		x			x	x								x			
Fresh Fruit																		
Custard							x											

Last updated: 24/03/26

If any questions or queries please speak to member of the catering staff or email [schoolmeals@moray.gov.uk](mailto:schoolmeals@moray.gov.uk)



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Week One Tuesday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollsucs	Wheat	Barley	Oats	Rye
Potato Soup																		
Chicken & Rice Soup																		
Breaded Haddock	x			x											x			
Quorn Southern Burger	x		x			x	x				x				x			
Chips																		
Baked Beans																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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# ALLERGENS

<b>Week One Wednesday</b>	<b>Cereals containing Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soyabeans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphites</b>	<b>Lupin</b>	<b>Molluscs</b>	<b>Wheat</b>	<b>Barley</b>	<b>Oats</b>	<b>Rye</b>
Chicken Noodle Soup	x		x												x			
Lentil Soup																		
Lasagne	x					x	x			x					x			
Quorn Cottage Pie	x		x				x									x		
Garlic Bread	x										x				x	x		
Carrots																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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# ALLERGENS

Week One Thursday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollsucs	Wheat	Barley	Oats	Rye
Tomato Soup																		
Morrocan Chickpea Soup	x														x			
Pork Sausages	x											x			x			
Vegetarian Sausage	x														x			
Gravy																		
Potatoes																		
Peas																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Rice Pudding							x											
Jelly (may contain)	x		x				x								x	x	x	

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# ALLERGENS

Week One Friday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Vegetable Soup																		
Potato & Leek Soup																		
Panini	Check the Hot Snack Allergen Sheet																	
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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# ALLERGENS

Week Two Monday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Chicken & Rice Soup																		
Tomato Soup																		
Salmon Fishcakes	x		x	x		x	x				x				x	x	x	x
Macaroni Cheese	x						x								x			
Potatoes																		
Peas																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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## ALLERGENS

Week Two Tuesday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Moroccan Chickpea Soup	x														x			
Vegetable Broth	x															x		
Roast Beef																		
Gravy																		
Vegetable Meatballs in Tomato Sauce	x					x						x			x			
Yorkshire Pudding	x		x				x								x			
Potatoes																		
Cauliflower																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Orange Cake	x		x												x			
Fresh Fruit																		
Custard							x											
Jelly (may contain)	x		x				x								x	x	x	

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# ALLERGENS

Week Two Wednesday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Roasted Pepper & Butternut Squash Soup																		
Carrot & Coriander Soup																		
Chicken Teriyaki	x					x									x	x		
Quorn Sweet & Sour Vegetables										x								
Rice																		
Sweetcorn																		
Carrots																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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# ALLERGENS


Week Two Thursday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Lentil Soup																		
Mexican Soup	x														x			
Chicken Pie	x						x								x			
Vegetable Potato Pie							x											
Potatoes																		
Carrots																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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# ALLERGENS

Week Two Friday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollsucs	Wheat	Barley	Oats	Rye
Carrot & Potato Soup																		
Cream of Chicken Soup	x						x								x			
Panini	Check the Hot snack allergen sheet																	
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	
Last updated: 24/03/26																		
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# ALLERGENS

Week Three Monday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollsucs	Wheat	Barley	Oats	Rye
Mexican Soup	x														x			
Sweetcorn Soup																		
Macaroni Cheese	x						x								x			
Chicken Fajitas	x														x			
Garlic Bread	x										x				x	x		
Sweetcorn																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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# ALLERGENS

Week Three Tuesday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollsucs	Wheat	Barley	Oats	Rye
Vegetable Broth																		
Spicy Bean Soup	x			x												x		
Roast Chicken																		
Mexican Rice																		
Potatoes																		
Carrots																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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# ALLERGENS

Week Three Wednesday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollsucs	Wheat	Barley	Oats	Rye
Chicken Noodle Soup	x		x												x			
Lentil Soup																		
Breaded Haddock	x			x											x			
Spicy Noodles	x		x			x									x			
Chips																		
Peas																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Rice Pudding							x											
Jelly (may contain)	x		x				x								x	x	x	

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# ALLERGENS

Week Three Thursday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollsucs	Wheat	Barley	Oats	Rye
Potato & Leek Soup																		
Green Pea Soup																		
Mince																		
Potato & Broccoli Bake	x						x								x			
Potatoes																		
Mixed Vegetables																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Plain Sponge	x		x			x	x								x			
Custard							x											
Jelly (may contain)	x		x				x								x	x	x	

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# ALLERGENS

Week Three Friday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Tomato Soup																		
Cream of Lentil Soup							x											
Panini	Check the Hot snack allergen sheet																	
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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# ALLERGENS

Week Four Monday	Cereals containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	Wheat	Barley	Oats	Rye
Carrot & Coriander Soup																		
Curried Parsnip & Carrot Soup																		
Chicken Fricasse	x						x								x			
Brazillian Coconut Curry	x									x					x			
Rice																		
Broccoli																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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Spicy Lentil Soup																		
Chicken & Rice Soup																		
Steak Pie	x						x								x			
Quorn Meatballs in Tomato Sauce	x														x			
Potatoes																		
Spagetti	x					x				x					x			
Sweetcorn																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Carrot Cake Cookie	x														x		x	
Fresh Fruit																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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Cream of Chicken Soup	x						x								x			
Tomato Soup																		
Salmon Fishcakes	x		x	x											x	x	x	x
Quorn Bolognaise	x		x													x		
Potato Wedges																		
Baked Beans																		
Broccoli																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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Green Pea Soup																		
Potato Soup																		
Chicken Katsu Curry	x		x			x									x	x	x	x
Quorn Noodles in Black Bean Sauce	x		x			x				x	x				x			
Rice																		
Carrots																		
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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Potato Soup																		
Cream of Chicken Soup	x						x								x			
Panini	Check the Hot snack allergen sheet																	
Lettuce																		
Tomato																		
Cucumber																		
Coleslaw			x				x											
Grated Carrots																		
Pickled Onions												x						
Diced Peppers																		
Beetroot																		
Spring Onions																		
Potato Salad			x				x											
Fruit Pot																		
Angel Mousse							x											
Jelly (may contain)	x		x				x								x	x	x	

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