

ALLERGENS

| WEEK 1 MONDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|--------------------------------|--|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Chicken Curry | x | | | | | | | | x | x | | x | | | x | | | |
| Vegan Vegetable & Lentil Curry | x | | | | | | | | x | x | | x | | | x | | | |
| Cheese & Tomato Pizza | x | | | | | | x | | | | | | | | x | | | |
| Vegan Cheese & Tomato Pizza | x | | | | | | | | | | | | | | x | | | |
| Tuna Mayonnaise Roll | x | | x | x | | x | x | | | | x | | | | x | x | x | x |
| Hummus Salad Sandwich | x | | | | | | | | | | x | | | | x | x | x | x |
| Potato Wedges | | | | | | | | | | | | | | | | | | |
| Rice | | | | | | | | | | | | | | | | | | |
| Sweetcorn | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Lentil soup | | | | | | | | | x | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email- schoolmeals@moray.gov.uk

Last updated: 04.01.24



ALLERGENS

| WEEK 1 TUESDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|---------------------------|--|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Macaroni Cheese | x | | | | | | x | | | | | | | | x | | | |
| Vegan Macaroni cheese | x | | | | | | | | | | | | | | x | | | |
| Vegetable Fajitas | x | | | | | | | | | | | | | | x | | | |
| Ham Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Quorn Chicken Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Garlic Bread | x | | | | | | | | | | x | | | | x | x | | |
| Broccoli | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Potato Soup | | | | | | | | | x | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last updated: 04.01.24



ALLERGENS

| WEEK 1 WEDNESDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|-------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Bubblefish | | | | x | | | | | | | | | | | | | | |
| Potato & Vegetable cake | x | | | | | | | | | | | | | | x | x | x | x |
| Roast Chicken | | | | | | | | | | | | | | | | | | |
| Gravy | | | | | | | | | | | | | | | | | | |
| Cheese Wrap | x | | | | | | x | | | | | | | | x | | | |
| Vegan Cheese Wrap | x | | | | | | | | | | | | | | x | | | |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Pasta | x | | | | | | | | | | | | | | x | | | |
| Peas & Sweetcorn | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Potato & Leek Soup | | | | | | | | | x | | | | | | | | | |
| Strawberry Mousse | | | | | | | x | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last updated: 04.01.24



ALLERGENS

| WEEK 1 THURSDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|-----------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Pork Sausage | x | | | | | | | | | | | | | | x | | | |
| Vegan Sausage | x | | | | | x | | | | | | x | | | x | | | |
| Gravy | | | | | | | | | | | | | | | | | | |
| Spring Roll | x | | | | | x | | | | x | | | | | x | | | |
| Chicken Mayonnaise Sandwich | x | | x | | | | x | | | | | | | | x | x | x | x |
| Quorn Chicken Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Peas | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Tomato Soup | | | | | | | | | x | | | | | | | | | |
| Oatie Biscuit | x | | | | | | | | | | | | | | x | | x | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Mandarins | | | | | | | | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last updated: 04.01.24



ALLERGENS

| WEEK 1 FRIDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|------------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Steak Mince with Vegetables | | | | | | | | | | | | | | | | | | |
| Lentil & Vegetable Casserole | | | | | | | | | | | | | | | | | | |
| Breaded Chicken Goujons | x | | x | | | | | | | | | | | | x | x | x | x |
| Vegetable Fingers | x | | | | | | | | | | | | | | x | | | |
| Egg Mayonnaise Sandwich | x | | x | | | | x | | | | | | | | x | x | x | x |
| Vegan Cheese Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | | | | | |
| Vegetable Soup | | | | | | | | | x | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Orange Cake | x | | x | | | | | | | | | | | | x | | | |
| Vegan Orange Cake | x | | | | | | | | | | | | | | x | | | |
| Custard | | | | | | | x | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last updated: 04.01.24



ALLERGENS

| WEEK 2 MONDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|-------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Beef Burger | x | | | | | | x | | | | | x | | | x | | | |
| Wholemeal roll | x | | x | | | x | x | | | | x | | | | x | x | x | x |
| Vegan Burger | x | | | | | x | | | | | | x | | | x | | | |
| Potato & Baked Bean Pie | | | | | | | | | | | | | | | | | | |
| Egg Salad Sandwich | x | | x | | | | | | | | | | | | x | x | x | x |
| Hummus Salad Sandwich | x | | | | | | | | | | x | | | | x | x | x | x |
| Chips | | | | | | | | | | | | | | | | | | |
| Carrots | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Chicken & Rice Soup | | | | | | | | | x | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email- schoolmeals@moray.gov.uk

Last update: 04.01.24



ALLERGENS

| WEEK 2 TUESDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|-------------------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Fish Fingers | x | | | x | | | | | | | | | | | x | | | |
| Vegetable Fingers | x | | | | | | | | | | | | | | x | | | |
| Cheesy Vegetable pasta | x | | | | | | x | | | | | | | | x | | | |
| Vegan Cheese Vegetable Pasta | x | | | | | x | | | | | | | | | x | | | |
| Chicken Mayonnaise Wrap | x | | x | | | | x | | | | | | | | x | | | |
| Quorn Chicken Slice Wrap | x | | | | | | | | | | | | | | x | | | |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Lentil Soup | | | | | | | | | x | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |
| Vegan Sponge | x | | | | | | | | | | | | | | x | | | |
| Plain Muffin | x | | x | | | x | x | | | | | | | | x | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last update: 04.01.24



ALLERGENS

| WEEK 2 WEDNESDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|-----------------------------|--|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Chicken Pie | x | | | | | | x | | x | | | | | | x | | | |
| Vegetable Pie | x | | | | | | | | x | | | | | | x | | | |
| Vegetable Chow Mein | x | | x | | | x | | | | | | | | | x | | | |
| Ham Wholemeal Roll | x | | x | | | x | x | | | | x | | | | x | x | x | x |
| Vegan Cheese Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Sweetcorn | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Yellow Split Pea Soup | | | | | | | | | x | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Chocolate Sponge | x | | x | | | x | x | | | | | | | | x | | | |
| Vegan Chocolate Sponge | x | | | | | | | | | | | | | | x | | | |
| Custard | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last update: 04.01.24



ALLERGENS

| WEEK 2 THURSDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|---------------------------------|--|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Chicken Pasta Bake | x | | | | | | | | | | | | | | x | | | |
| Vegan Pasta Bake | x | | | | | x | | | | | | x | | | x | | | |
| Salmon & Sweet Potato Fishcakes | x | | | x | | | | | | | | | | | x | | | |
| Vegetable & Potato Cake | x | | | | | | | | | | | | | | x | x | x | x |
| Cheese Sandwich | x | | | | | | x | | | | | | | | x | x | x | x |
| Vegan Cheese Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Potato | | | | | | | | | | | | | | | | | | |
| Pasta | x | | | | | | | | | | | | | | x | | | |
| Peas | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Vegetable Soup | | | | | | | | | x | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Rice Pudding | | | | | | | x | | | | | | | | | | | |
| Peaches | | | | | | | | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last update: 04.01.24



ALLERGENS

| WEEK 2 FRIDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|--|--|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Roast Beef | | | | | | | | | | | | | | | | | | |
| Gravy | | | | | | | | | | | | | | | | | | |
| Jacket Potato with Cheese | | | | | | | x | | | | | | | | | | | |
| Jacket Potato with Vegan Cheese | | | | | | | | | | | | | | | | | | |
| Tuna Mayonnaise Sandwich | x | | x | x | | | x | | | | | | | | x | x | x | x |
| Quorn Chicken Slice Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Broccoli | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Carrot & Potato soup | | | | | | | | | x | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last update: 04.01.24



ALLERGENS

| WEEK 3 MONDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|--------------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Breaded Haddock | x | | | x | | | | | | | | | | | x | | | |
| Vegetable Balls & Tomato Sauce | x | | | | | x | | | x | | | x | | | x | | | |
| Cheese Sandwich | x | | | | | | x | | | | | | | | x | x | x | x |
| Vegan Cheese Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Pasta | x | | | | | | | | | | | | | | x | | | |
| Peas | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Vegetable Soup | | | | | | | | | x | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |
| Soya Yoghurt | | | | | | | | | | | | | | | | | | |
| Toffee Pudding | x | | x | | | | x | | | | | | | | x | | | |
| Vegan Plain Sponge | x | | | | | | | | | | | | | | x | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Custard | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last updated: 18.12.23



ALLERGENS

| WEEK 3 TUESDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|-------------------------------|--|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Macaroni Cheese | x | | | | | | x | | | | | | | | x | | | |
| Vegan Macaroni Cheese | x | | | | | | | | | | | | | | x | | | |
| Sweet and Sour Veg | | | | | | | | | x | | | x | | | | | | |
| Ham Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Quorn Chicken Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Garlic Bread | x | | | | | | | | | | x | | | | x | x | | |
| Rice | | | | | | | | | | | | | | | | | | |
| Broccoli | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Tomato Soup | | | | | | | | | x | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last updated: 18.12.23



ALLERGENS

| WEEK 3 WEDNESDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|-----------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Chicken Fajitas | x | | | | | | | | | | | | | | x | | | |
| Vegetable Fajitas | x | | | | | | | | | | | | | | x | | | |
| Cheese & Tomato Pizza | x | | | | | | x | | | | | | | | x | | | |
| Vegan Cheese & Tomato Pizza | x | | | | | | | | | | | | | | x | | | |
| Tuna Mayonnaise Sandwich | x | | x | x | | | x | | | | | | | | x | x | x | x |
| Vegan Cheese Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Potato Wedges | | | | | | | | | | | | | | | | | | |
| Cauliflower | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Lentil Soup | | | | | | | | | x | | | | | | | | | |
| Gingerbread Sponge | x | | x | | | | | | | | | | | | x | | | |
| Vegan Gingerbread Sponge | x | | | | | | | | | | | | | | x | | | |
| Custard | | | | | | | x | | | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last updated: 18.12.23



ALLERGENS

| WEEK 3 THURSDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|------------------------------|--|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Sausage Roll | x | | | | | | | | | | | x | | | x | | | |
| Vegan Sausage Roll | x | | | | | x | | | | | | x | | | x | | | |
| Vegetable Rice | | | | | | | | | x | | | | | | | | | |
| Chicken Slice Wholemeal Roll | x | | | | | | | | | | | | | | x | x | x | x |
| Quorn Chicken Slice Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Chicken & Sweetcorn Soup | | | | | | | | | x | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Cornflake Biscuit | x | | x | | | | | | | | | | | | x | | | |
| Vegan Cornflake Biscuit | x | | | | | | | | | | | | | | x | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last updated: 18.12.23



ALLERGENS

| WEEK 3 FRIDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|---------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Beef Bolognese | | | | | | | | | x | | | | | | | | | |
| Vegetable Bolognese | | | | | | | | | | | | | | | | | | |
| Chicken Goujons | x | | x | | | | | | | | | | | | x | x | x | x |
| Vegetable Fingers | x | | | | | | | | | | | | | | x | | | |
| Egg Mayonnaise Wrap | x | | x | | | | x | | | | | | | | x | | | |
| Hummus Salad Wrap | x | | | | | | | | | | x | | | | x | | | |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Pasta | x | | | | | | | | | | | | | | x | | | |
| Carrots | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Potato & Leek Soup | | | | | | | | | x | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last updated: 18.12.23



ALLERGENS

| WEEK 4 MONDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|--------------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Salmon & Sweet Potato Fishcake | x | | | x | | | | | | | | | | | x | | | |
| Potato & Vegetable Cake | x | | | | | | | | | | | | | | x | x | x | x |
| Cheese Melt Baguette | x | | | | | | x | | | | x | | | | x | x | | |
| Vegan Cheese Melt Baguette | x | | | | | | | | | | x | | | | x | x | | |
| Ham Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Hummus Salad Sandwich | x | | | | | | | | | | x | | | | x | x | x | x |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Baked Beans | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Carrot & Potato Soup | | | | | | | | | x | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email- schoolmeals@moray.gov.uk

Last updated: 19.12.23



ALLERGENS

| WEEK 4 TUESDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|-----------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Roast Chicken | | | | | | | | | | | | | | | | | | |
| Gravy | | | | | | | | | | | | | | | | | | |
| Tomato Pasta | x | | | | | | | | | | | | | | x | | | |
| Egg Salad Wholemeal Roll | x | | x | | | x | x | | | | x | | | | x | x | x | x |
| Vegan Cheese Salad Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Broccoli | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Yellow Split Pea Soup | | | | | | | | | x | | | | | | | | | |
| Chocolate Oat Cookie | x | | | | | | | | | | | | | | x | | x | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last updated: 19.12.23



ALLERGENS

| WEEK 4 WEDNESDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|---------------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Sausage in a Hotdog Roll | x | | | | | | | | | | x | | | | x | | | |
| Vegan Sausages in a Hotdog Roll | x | | | | | x | | | | | x | x | | | x | | | |
| Jacket Potato & Baked Beans | | | | | | | | | | | | | | | | | | |
| Chicken Salad Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Quorn Chicken Salad Sandwich | x | | | | | | | | | | | | | | x | x | x | x |
| Potato Wedges | | | | | | | | | | | | | | | | | | |
| Sweetcorn Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Lentil Soup | | | | | | | | | x | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last updated: 19.12.23



ALLERGENS

| WEEK 4 THURSDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|--------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Steak Pie | x | | | | | | | | | | | | | | x | | | |
| Vegan Vegetable Pie | x | | | | | | | | | | | | | | x | | | |
| Vegetable Chow Mein | x | | x | | | x | | | | | | | | | x | | | |
| Tuna Mayonnaise Sandwich | x | | x | x | | | x | | | | | | | | x | x | x | x |
| Hummus Salad Sandwich | x | | | | | | | | | | x | | | | x | x | x | x |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Peas | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Chicken Noodle Soup | x | | x | | | | | | x | | | | | | x | | | |
| Apple Crumble | x | | | | | | | | | | | | | | x | | x | |
| Custard | | | | | | | x | | | | | | | | | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Soya Yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last updated: 19.12.23



ALLERGENS

| WEEK 4 FRIDAY | Cereals containing Gluten | Crustaceans | Eggs | Fish | Peanuts | Soyabeans | Milk | Nuts | Celery | Mustard | Sesame | Sulphites | Lupin | Molluscs | Wheat | Barley | Oats | Rye |
|--------------------------------|---------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Fish Fingers | x | | | x | | | | | | | | | | | x | | | |
| Vegetable fingers | x | | | | | | | | | | | | | | x | | | |
| Beef & Baked Bean Hotpot | | | | | | | | | x | | | | | | | | | |
| Cheese & Red Pepper Wrap | x | | | | | | x | | | | | | | | x | | | |
| Vegan Cheese & Red Pepper Wrap | x | | | | | | | | | | | | | | x | | | |
| Potatoes | | | | | | | | | | | | | | | | | | |
| Pasta | x | | | | | | | | | | | | | | x | | | |
| Carrots | | | | | | | | | | | | | | | | | | |
| Salad Selection | | | | | | | | | | | | | | | | | | |
| Coleslaw | | | x | | | | x | | | | | | | | | | | |
| Potato Soup | | | | | | | | | x | | | | | | | | | |
| Shortbread | x | | | | | | | | | | | | | | x | | | |
| Fresh Fruit | | | | | | | | | | | | | | | | | | |
| Soya yoghurt | | | | | | x | | x | | | | | | | | | | |
| Natural Yoghurt | | | | | | | x | | | | | | | | | | | |

If any questions or queries please speak to a member of the catering staff or email schoolmeals@moray.gov.uk

Last updated: 19.12.23

