

# ALLERGENS

<b>WEEK 1 MONDAY</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 Curry	x														x			
Vegetable & Lentil Curry	x														x			
Cheese & Tomato Pizza	x														x			
Vegan Cheese & Tomato Pizza	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																		
Coleslaw			x				x											
Lentil Soup																		
Fresh Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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

Last updated: 13/03/25



# ALLERGENS

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Macaroni Cheese	x						x								x			
Vegan Macarooni Cheese	x														x			
Vegetable Fajita	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																		
Fresh Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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Bubble Fish				x														
Potato & Vegetable Cake	x						x								x	x	x	x
Roast Chicken																		
Gravy																		
Cheese Wrap	x						x								x			
Vegan Cheese Wrap	x														x			
Potato																		
Pasta	x														x			
Peas & Sweetcorn																		
Salad Selection																		
Coleslaw			x				x											
Potato & Leek Soup																		
Strawberry Mousse							x											
Fruit Salad																		
Fresh Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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# ALLERGENS

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

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# ALLERGENS

<b>WEEK 1 FRIDAY</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>
Steak Mince with Vegetables																		
Lentil & Veg Casserole																		
Breaded Chicken Goujons	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
Potato																		
Baked Beans																		
Salad Selection																		
Coleslaw			x				x											
Vegetable Soup																		
Orange Cake	x		x												x			
Vegan Orange Cake	x														x			
Fruit																		
Custard							x											
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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## ALLERGENS

<b>WEEK 2 MONDAY</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>
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																		
Fresh Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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# ALLERGENS

<b>WEEK 2 TUESDAY</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>
<b>Fish Fingers</b>	x			x											x			
<b>Vegetable Fingers</b>	x														x			
<b>Cheesy Vegetable Pasta</b>	x						x								x			
<b>Vegan Cheesy Vegetable Pasta</b>	x														x			
<b>Chicken Mayonnaise Wrap</b>	x		x				x								x			
<b>Quorn Chicken Wrap</b>	x														x			
<b>Potato</b>																		
<b>Baked Beans</b>																		
<b>Salad Selection</b>																		
<b>Coleslaw</b>			x				x											
<b>Lentil Soup</b>																		
<b>Plain Muffin</b>	x		x			x	x								x			
<b>Vegan Plain Muffin</b>	x														x			
<b>Fruit</b>																		
<b>Natural Yoghurt</b>							x											
<b>Soya Yoghurt</b>						x		x										

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# ALLERGENS

<b>WEEK 2 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 Pie	x						x								x			
Vegetable Pie	x						x								x			
Vegetable Chowmein	x		x			x									x			
Ham Wholemeal Roll	x		x			x	x				x				x	x	x	x
Vegan Cheese Sandwich	x														x	x	x	x
Potato																		
Sweetcorn																		
Salad Selection																		
Coleslaw			x				x											
Green Pea Soup																		
Chocolate Sponge	x		x			x	x								x			
Vegan Chocolate Sponge	x														x			
Custard							x											
Mandarins																		
Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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# ALLERGENS

<b>WEEK 2 THURSDAY</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 Pasta Bake	x						x								x			
Tomato Pasta	x														x			
Salmon & Sweet Potato Fishcakes	x			x											x	x	x	x
Vegetable & Potato Cakes	x						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																		
Rice Pudding							x											
Peaches																		
Fresh Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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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 Sandwich	x														x	x	x	x
Potato																		
Broccoli																		
Salad Selection																		
Coleslaw			x				x											
Carrot & Potato Soup																		
Fresh Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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# ALLERGENS

<b>WEEK 3 MONDAY</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>
Breaded Haddock	x			x											x			
Vege Balls in Tomato Sauce	x					x						x			x			
Cheese Sandwich	x						x								x	x	x	x
Vegan Cheese Sandwich	x														x	x	x	x
Pasta	x														x			
Potato																		
Peas																		
Salad Selection																		
Coleslaw			x				x											
Vegetable Soup																		
Toffee Sponge	x		x				x								x			
Custard							x											
Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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<b>WEEK 3 TUESDAY</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>
Macaroni Cheese	x						x								x			
Vegan Macaroni Cheese	x					x									x			
Sweet and Sour Veg																		
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																		
Fresh Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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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
Vegan Cheese Sandwich	x														x	x	x	x
Potato Wedges																		
Cauliflower																		
Salad Selection																		
Coleslaw			x				x											
Lentil Soup																		
Ginger Sponge	x		x												x			
Vegan Ginger Sponge	x														x			
Custard							x											
Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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Sausage Roll	x											x			x			
Vegan Sausage Roll	x					x						x			x			
Vegetable Rice																		
Chicken Slice Wholemeal Roll	x		x			x	x				x				x	x	x	x
Quorn Chicken Slice Sandwich	x														x	x	x	x
Potato																		
Baked Beans																		
Salad Selection																		
Coleslaw			x				x											
Chicken & Sweetcorn Soup																		
Cornflake Biscuit	x			x											x			
Fruit Salad																		
Fresh Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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Beef Bolognese																		
Vegetable Bolognese																		
Breaded Chicken Goujons	x		x				x								x	x	x	x
Vegetable Fingers	x														x	x	x	x
Egg Mayonnaise Wrap	x		x				x								x			
Hummus Salad Wrap	x										x				x			
Potato																		
Pasta	x														x			
Carrots																		
Salad Selection																		
Coleslaw				x			x											
Potato & Leek Soup																		
Fresh Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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Salmon & Sweet Potato Fishcakes	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 Sandwich	x										x				x	x	x	x
Potato																		
Baked Beans																		
Salad Selection																		
Coleslaw				x			x											
Carrot & Potato Soup																		
Fresh Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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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
Potato																		
Broccoli																		
Salad Selection																		
Coleslaw				x			x											
Green Pea Soup																		
Chocolate Oat Cookie	x														x		x	
Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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Butchers Sausage	x														x			
Hot Dog Roll	x										x				x			
Vegan Sausage	x					x						x			x			
Jacket Potato with 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																		
Fresh Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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## ALLERGENS

<b>WEEK 4 THURSDAY</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>
Steak Pie	x						x								x			
Vegetable Pie	x						x								x			
Vegetable Chowmein	x		x			x									x			
Tuna Mayonnaise Sandwich	x		x	x			x				x				x	x	x	x
Hummus Salad Sandwich	x														x	x	x	x
Potato																		
Peas																		
Salad Selection																		
Coleslaw				x			x											
Chicken Noodle Soup	x			x											x			
Apple Crumble	x														x		x	
Custard							x											
Fruit																		
Natural Yoghurt							x											
Soya Yoghurt						x		x										

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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# ALLERGENS

<b>WEEK 4 FRIDAY</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>
<b>Fish Fingers</b>	x			x											x			
<b>Vegetable Fingers</b>	x														x			
<b>Beef &amp; Baked Bean Hotpot</b>																		
<b>Potato &amp; Baked Bean Pie</b>																		
<b>Cheese &amp; Red Pepper Wrap</b>	x						x								x			
<b>Vegan Cheese &amp; Red Pepper Wrap</b>	x														x			
<b>Potato</b>																		
<b>Pasta</b>	x														x			
<b>Carrots</b>																		
<b>Salad Selection</b>																		
<b>Coleslaw</b>				x			x											
<b>Potato Soup</b>																		
<b>Shortbread</b>	x														x			
<b>Natural Yoghurt</b>							x											
<b>Soya Yoghurt</b>						x		x										

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