

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			
Hummus Salad Sandwich	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			
Quorn Chicken Sandwich	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											

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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			
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										
Natrural Yoghurt							x											
Fresh Fruit																		

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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			
Quorn Chicken Sandwich	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											

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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																		
Chicken Goujons	x		x			x									x			
Vegetable Fingers	x														x			
Egg Mayonnaise Sandwich	x		x			x	x								x			
Vegan Cheese Sandwich	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											

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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			
Wholemeal roll	x					x	x								x			
Vegan Burger	x					x						x			x			
Potato & Baked Bean Pie																		
Egg Salad Sandwich	x		x			x									x			
Hummus Salad Sandwich	x					x					x				x			
Chips																		
Carrots																		
Salad Selection																		
Coleslaw			x				x											
Chicken & Rice Soup									x									
Vegetable Soup									x									
Natural Yoghurt							x											
Soya Yoghurt						x		x										
Fresh Fruit																		

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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			

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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			
Vegan Cheese Sandwich	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											

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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								x			
Vegan Pasta Bake	x					x						x			x			
Salmon & Sweet Potato Fishcakes	x			x											x			
Vegetable & Potato Cake	x					x									x			
Cheese Sandwich	x					x	x								x			
Vegan Cheese Sandwich	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											
Vegan Rice Pudding																		
Peaches																		

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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			
Quorn Chicken Slice Sandwich	x					x									x			
Potatoes																		
Broccoli																		
Salad Selection																		
Coleslaw			x				x											
Carrot & Potato soup									x									
Fresh Fruit																		
Soya Yoghurt						x		x										
Natural Yoghurt							x											

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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			
Vegan Cheese Sandwich	x					x									x			
Potatoes																		
Pasta	x														x			
Peas																		
Coleslaw			x				x											
Salad Selection																		
Vegetable Soup									x									
Natural Yoghurt							x											
Soya Yoghurt						x		x										
Toffee Pudding	x		x				x								x			
Vegan Plain Sponge	x														x			
Fresh Fruit																		
Custard							x											

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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			
Quorn Chicken Sandwich	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											

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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			
Vegan Cheese Sandwich	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											

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Sausage Roll	x											x			x			
Vegan Sausage Roll	x					x						x			x			
Vegetable Rice									x									
Chicken Slice Wholemeal Roll	x					x									x			
Quorn Chicken Slice Sandwich	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											

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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			
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											

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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			
Cheese Melt Baguette	x						x				x				x	x		
Vegan Cheese Melt Baguette	x										x				x	x		
Ham Sandwich	x					x									x			
Hummus Salad Sandwich	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											

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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			
Vegan Cheese Salad Sandwich	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																		

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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								x			
Vegan Sausages	x					x									x			
Jacket Potato & Baked Beans																		
Chicken Salad Sandwich	x					x									x			
Quorn Chicken Salad Sandwich	x					x									x			
Potato Wedges																		
Sweetcorn																		
Salad Selection																		
Coleslaw			x				x											
Lentil Soup									x									
Fresh Fruit																		
Soya Yoghurt						x		x										
Natural Yoghurt							x											

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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			
Hummus Salad Sandwich	x					x					x				x			
Potatoes																		
Peas																		
Salad Selection																		
Coleslaw			x				x											
Chicken Noodle Soup	x		x						x						x			
Apple Crumble/Crunch	x														x		x	
Custard							x											
Fresh Fruit																		
Soya Yoghurt						x		x										
Natural Yoghurt							x											

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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											

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