

## ALLERGENS

| <b>WEEK 1<br/>MONDAY</b>       | <b>Cereals<br/>containing<br/>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                  | x                                        |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 | x            |               |             |            |
| Cheese & Tomato Pizza          | x                                        |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 | x            |               |             |            |
| Vegetable Pasta                | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Vegan Cheese & Tomato<br>Pizza | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Potato Wedges                  |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Sweetcorn                      |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Salad Selection                |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Coleslaw                       |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Tuna Mayo Roll                 | x                                        |                    | x           | x           |                |                  | x           |             |               |                | x             |                  |              |                 | x            |               |             |            |
| Hummus Salad Roll              | x                                        |                    |             |             |                |                  |             |             |               |                | x             |                  |              |                 | x            |               |             |            |
| Lentil Soup                    |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Fresh Fruit                    |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Natural Yoghurt                |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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Last Updated: 05/03/26



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| <b>WEEK 1<br/>TUESDAY</b> | <b>Cereals<br/>containing<br/>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            |               |             |            |
| Vegetable Fajita          | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Vegan Macaroni Cheese     | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Garlic Bread              | x                                        |                    |             |             |                |                  |             |             |               |                | x             |                  |              |                 | x            | x             |             |            |
| Broccoli                  |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Salad Selection           |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Coleslaw                  |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Ham Sandwich              | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            | x             | x           | x          |
| Quorn Chicken Sandwich    | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            | x             | x           | x          |
| Potato & Leek Soup        |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Strawberry Mousse         |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Fresh Fruit               |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Natural Yoghurt           |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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| <b>WEEK 1<br/>WEDNESDAY</b> | <b>Cereals<br/>containing<br/>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> |
|-----------------------------|------------------------------------------|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Bubblefish                  |                                          |                    |             | x           |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Roast Chicken               |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Gravy                       |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Potato & Vegetable Cakes    | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Potato                      |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Pasta                       | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Peas & Sweetcorn            |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Cheese Wrap                 | x                                        |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 | x            |               |             |            |
| Salad Selection             |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Coleslaw                    |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Vegan Cheese Wrap           | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Tomato Soup                 |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Fresh Fruit                 |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Natural Yoghurt             |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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## ALLERGENS

| <b>WEEK 1<br/>THURSDAY</b> | <b>Cereals<br/>containing<br/>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> |
|----------------------------|------------------------------------------|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Pork Sausages              | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Gravy                      |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Spring Roll                | x                                        |                    |             |             |                | x                |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Quorn Sausages             | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Potato                     |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Peas                       |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Salad Selection            |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Coleslaw                   |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Chicken Mayo Sandwich      | x                                        |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 | x            | x             | x           | x          |
| Potato Soup                |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Oatie Biscuit              | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Mandarins                  |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Fresh Fruit                |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Natural Yoghurt            |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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| <b>WEEK 1<br/>FRIDAY</b>                | <b>Cereals<br/>containing<br/>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>Mollsucs</b> | <b>Wheat</b> | <b>Barley</b> | <b>Oats</b> | <b>Rye</b> |
|-----------------------------------------|------------------------------------------|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| <b>Steak Mince with Vegetables</b>      |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Breaded Chicken Goujons</b>          | x                                        |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 | x            | x             | x           | x          |
| <b>Lentil &amp; Vegetable Casserole</b> |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Vegetable Fingers</b>                | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Potato</b>                           |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Baked Beans</b>                      |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Salad Selection</b>                  |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Coleslaw</b>                         |                                          |                    |             | x           |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Egg Mayo Wrap</b>                    | x                                        |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Vegan Cheese Wrap</b>                | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Vegetable Soup</b>                   |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Orange Cake</b>                      | x                                        |                    | x           |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Custard</b>                          |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Fresh Fruit</b>                      |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Natural Yoghurt</b>                  |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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|---------------------------------|------------------------------------------|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| <b>Fish Fingers</b>             | x                                        |                    |             | x           |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Cheesy Veg Pasta</b>         | x                                        |                    |             |             |                | x                |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Vegetable Fingers</b>        | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Vegan Cheesy Veg Pasta</b>   | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Potato</b>                   |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Baked Beans</b>              |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Salad Selection</b>          |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Coleslaw</b>                 |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Chicken Mayo Wrap</b>        | x                                        |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Quorn Chicken Slice Wrap</b> | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Lentil Soup</b>              |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Plain Muffin</b>             | x                                        |                    | x           |             |                | x                | x           |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Fresh Fruit</b>              |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Soya Yoghurt</b>             |                                          |                    |             |             |                | x                |             | x           |               |                |               |                  |              |                 |              |               |             |            |
| <b>Natural Yoghurt</b>          |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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| WEEK 2<br>TUESDAY       | Cereals<br>containing<br>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     |        |      |     |
| Potato & Baked Bean Pie |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Vegan Burger            | x                               |             |      |      |         | x         |      |      |        |         |        | x         |       |          | x     |        |      |     |
| Chips                   |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Peas                    |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Salad Selection         |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Coleslaw                |                                 |             | x    |      |         |           | x    |      |        |         |        |           |       |          |       |        |      |     |
| Egg Salad Sandwich      | x                               |             | x    |      |         |           |      |      |        |         |        |           |       |          | x     | x      | x    | x   |
| Hummus Salad Sandwich   | x                               |             |      |      |         |           |      |      |        |         | x      |           |       |          | x     | x      | x    | x   |
| Chicken & Rice Soup     |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Fresh Fruit             |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Soya Yoghurt            |                                 |             |      |      |         | x         |      | x    |        |         |        |           |       |          |       |        |      |     |
| Natural Yoghurt         |                                 |             |      |      |         |           | x    |      |        |         |        |           |       |          |       |        |      |     |

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|---------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Chicken Pie         | x                               |             | x    |      |         |           | x    |      | x      |         |        |           |       |          | x     |        |      |     |
| Vegetable Chow Mein | x                               |             | x    |      |         | x         |      |      |        |         |        |           |       |          | x     |        |      |     |
| Vegetable Pie       | x                               |             |      |      |         |           |      |      | x      |         |        |           |       |          | x     |        |      |     |
| Potato              |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Carrots             |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Salad Selection     |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Coleslaw            |                                 |             | x    |      |         |           | x    |      |        |         |        |           |       |          |       |        |      |     |
| Ham Roll            | x                               |             |      |      |         |           |      |      |        |         | x      |           |       |          | x     |        |      |     |
| Vegan Cheese Roll   | x                               |             |      |      |         |           |      |      |        |         | x      |           |       |          | x     |        |      |     |
| Vegetable Soup      |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Chocpea Brownie     | x                               |             |      |      |         |           |      |      |        |         |        |           |       |          | x     |        |      |     |
| Custard             |                                 |             |      |      |         |           | x    |      |        |         |        |           |       |          |       |        |      |     |
| Fresh Fruit         |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Soya Yoghurt        |                                 |             |      |      |         | x         |      | x    |        |         |        |           |       |          |       |        |      |     |
| Natural Yoghurt     |                                 |             |      |      |         |           | x    |      |        |         |        |           |       |          |       |        |      |     |

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|---------------------------------|---------------------------------|-------------|------|------|---------|-----------|------|------|--------|---------|--------|-----------|-------|----------|-------|--------|------|-----|
| Chicken Curry                   | x                               |             |      |      |         |           |      |      |        |         |        | x         |       |          | x     |        |      |     |
| Salmon & Sweet Potato Fishcakes | x                               |             |      | x    |         |           |      |      |        |         |        |           |       |          | x     |        |      |     |
| Vegetable & Lentil Curry        |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Potato & Vegetable Cakes        | x                               |             |      |      |         |           |      |      |        |         |        |           |       |          | x     |        |      |     |
| Potato                          |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Rice                            |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Sweetcorn                       |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Salad Selection                 |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Coleslaw                        |                                 |             | x    |      |         |           | x    |      |        |         |        |           |       |          |       |        |      |     |
| Cheese Sandwich                 | x                               |             |      |      |         |           | x    |      |        |         |        |           |       |          | x     | x      | x    | x   |
| Vegan Cheese Sandwich           | x                               |             |      |      |         |           |      |      |        |         |        |           |       |          | x     | x      | x    | x   |
| Carrot & Potato Soup            |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Rice Pudding                    |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Soya Yoghurt                    |                                 |             |      |      |         | x         |      | x    |        |         |        |           |       |          |       |        |      |     |
| Fresh Fruit                     |                                 |             |      |      |         |           |      |      |        |         |        |           |       |          |       |        |      |     |
| Natural Yoghurt                 |                                 |             |      |      |         |           | x    |      |        |         |        |           |       |          |       |        |      |     |

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## ALLERGENS

| <b>WEEK 2<br/>FRIDAY</b>        | <b>Cereals<br/>containing<br/>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> |
|---------------------------------|------------------------------------------|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Roast Beef                      |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Gravy                           |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Jacket Potato with Cheese       |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Jacket Potato with Vegan Cheese |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Potato                          |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Broccoli                        |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Salad Selection                 |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Coleslaw                        |                                          |                    |             | x           |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Tuna Mayo Wrap                  | x                                        |                    | x           | x           |                |                  | x           |             |               |                |               |                  |              |                 | x            |               |             |            |
| Quorn Chicken Wrap              | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Green Pea Soup                  |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Soya Yoghurt                    |                                          |                    |             |             |                | x                |             | x           |               |                |               |                  |              |                 |              |               |             |            |
| Fresh Fruit                     |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Natural Yoghurt                 |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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## ALLERGENS

| <b>WEEK 3<br/>MONDAY</b>    | <b>Cereals<br/>containing<br/>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            |               |             |            |
| Quorn Balls in Tomato Sauce | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            | x             |             |            |
| Pasta                       | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Potato                      |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Cheese Wrap                 | x                                        |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 | x            |               |             |            |
| Vegan Cheese Wrap           | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Peas                        |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Salad Selection             |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Coleslaw                    |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Vegetable Soup              |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Toffee Sponge               | x                                        |                    | x           |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Custard                     |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Fresh Fruit                 |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Soya Yoghurt                |                                          |                    |             |             |                | x                |             | x           |               |                |               |                  |              |                 |              |               |             |            |
| Natural Yoghurt             |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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## ALLERGENS

| <b>WEEK 3<br/>TUESDAY</b> | <b>Cereals<br/>containing<br/>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            |               |             |            |
| Sweet & Sour Veg          |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Vegan Macaroni Cheese     | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Garlic Bread              | x                                        |                    |             |             |                |                  | x           |             |               |                | x             |                  |              |                 |              |               |             |            |
| Rice                      |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Broccoli                  |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Salad Selection           |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Coleslaw                  |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Ham Sandwich              | x                                        |                    |             |             |                |                  |             |             |               |                | x             |                  |              |                 | x            | x             | x           | x          |
| Quorn Chicken Sandwich    | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            | x             | x           | x          |
| Tomato Soup               |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Fresh Fruit               |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Soya Yoghurt              |                                          |                    |             |             |                | x                |             | x           |               |                |               |                  |              |                 |              |               |             |            |
| Natural Yoghurt           |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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## ALLERGENS

| <b>WEEK 3<br/>WEDNESDAY</b>      | <b>Cereals<br/>containing<br/>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>Vegetable Noodles</b>         | x                                        |                    | x           |             |                | x                |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Cheese &amp; Tomato Pizza</b> | x                                        |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Vegan Cheese Pizza</b>        | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Potato Wedges</b>             |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Cauliflower</b>               |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Tuna Mayo Sandwich</b>        | x                                        |                    | x           | x           |                |                  | x           |             |               |                |               |                  |              |                 | x            | x             | x           | x          |
| <b>Vegan Cheese Sandwich</b>     | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            | x             | x           | x          |
| <b>Salad Selection</b>           |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Coleslaw</b>                  |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Lentil Soup</b>               |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Ginger Sponge</b>             | x                                        |                    | x           |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Custard</b>                   |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Soya Yoghurt</b>              |                                          |                    |             |             |                | x                |             | x           |               |                |               |                  |              |                 |              |               |             |            |
| <b>Fresh Fruit</b>               |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Natural Yoghurt</b>           |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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## ALLERGENS

| <b>WEEK 3<br/>THURSDAY</b> | <b>Cereals<br/>containing<br/>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> |
|----------------------------|------------------------------------------|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Sausage Roll               | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Vegetable Rice             |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Vegan Sausage Roll         | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Potato                     |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Baked Beans                |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Chicken Slice Roll         | x                                        |                    |             |             |                |                  |             |             |               |                | x             |                  |              |                 | x            |               |             |            |
| Salad Selection            |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Coleslaw                   |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Quorn Chicken Roll         | x                                        |                    |             |             |                |                  |             |             |               |                | x             |                  |              |                 | x            |               |             |            |
| Chicken & Sweetcorn Soup   |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Cornflake Biscuit          | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            | x             | x           |            |
| Soya Yoghurt               |                                          |                    |             |             |                | x                |             | x           |               |                |               |                  |              |                 |              |               |             |            |
| Fresh Fruit                |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Natural Yoghurt            |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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## ALLERGENS

| <b>WEEK 3<br/>FRIDAY</b> | <b>Cereals<br/>containing<br/>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 Bolognese           |                                          |                    |             |             |                |                  |             |             | x             |                |               |                  |              |                 |              |               |             |            |
| Breaded Chicken Goujons  | x                                        |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 | x            | x             | x           | x          |
| Veg Bolognese            |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Veg Fingers              | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Potato                   |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Pasta                    | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Salad Selection          |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Coleslaw                 |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Carrots                  |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Egg Mayo Wrap            | x                                        |                    | x           |             |                |                  | x           |             |               |                | x             |                  |              |                 | x            |               |             |            |
| Hummus Salad Wrap        | x                                        |                    |             |             |                |                  |             |             |               |                | x             |                  |              |                 | x            |               |             |            |
| Potato & Leek Soup       |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Soya Yoghurt             |                                          |                    |             |             |                | x                |             | x           |               |                |               |                  |              |                 |              |               |             |            |
| Fresh Fruit              |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Natural Yoghurt          |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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## ALLERGENS

| <b>WEEK 4<br/>MONDAY</b>        | <b>Cereals<br/>containing<br/>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> |
|---------------------------------|------------------------------------------|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Salmon & Sweet Potato Fish Cake | x                                        |                    | x           | x           |                |                  |             |             |               |                |               |                  |              |                 | x            | x             | x           | x          |
| Cheese Melt Baguette            | x                                        |                    |             |             |                |                  | x           |             |               |                | x             |                  |              |                 | x            | x             |             |            |
| Potato & Vegetable Cake         |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Vegan Cheese Melt Baguette      | x                                        |                    |             |             |                |                  |             |             |               |                | x             |                  |              |                 | x            | x             |             |            |
| Potato                          |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Baked Beans                     |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Salad Selection                 |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Coleslaw                        |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Ham Sandwich                    | x                                        |                    |             |             |                |                  |             |             |               |                | x             |                  |              |                 | x            | x             | x           | x          |
| Hummus Salad Sandwich           | x                                        |                    |             |             |                |                  |             |             |               |                | x             |                  |              |                 | x            | x             | x           | x          |
| Carrot & Potato Soup            |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Fresh Fruit                     |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Soya Yoghurt                    |                                          |                    |             |             |                | x                |             | x           |               |                |               |                  |              |                 |              |               |             |            |
| Natural Yoghurt                 |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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## ALLERGENS

| <b>WEEK 4<br/>TUESDAY</b> | <b>Cereals<br/>containing<br/>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> |
|---------------------------|------------------------------------------|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Roast Chicken             |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Gravy                     |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Tomato Pasta              | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Potato                    |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Broccoli                  |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Salad Selection           |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Coleslaw                  |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Egg Salad Wrap            | x                                        |                    | x           |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Vegan Cheese Wrap         | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Green Pea Soup            |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Chocolate Oat Cookie      | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               | x           |            |
| Fresh Fruit               |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Soya Yoghurt              |                                          |                    |             |             |                | x                |             | x           |               |                |               |                  |              |                 |              |               |             |            |
| Natural Yoghurt           |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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## ALLERGENS

| <b>WEEK 4<br/>WEDNESDAY</b> | <b>Cereals<br/>containing<br/>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> |
|-----------------------------|------------------------------------------|--------------------|-------------|-------------|----------------|------------------|-------------|-------------|---------------|----------------|---------------|------------------|--------------|-----------------|--------------|---------------|-------------|------------|
| Sausage in a Roll           | x                                        |                    |             |             |                |                  |             |             |               |                | x             |                  |              |                 | x            |               |             |            |
| Jacket Potato with Beans    |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Quorn Sausage in a Roll     | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Potato Wedges               |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Sweetcorn                   |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Chicken Salad Sandwich      | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            | x             | x           | x          |
| Salad Selection             |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Coleslaw                    |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Quorn Chicken Sandwich      | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            | x             | x           | x          |
| Lentil Soup                 |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Fresh Fruit                 |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Soya Yoghurt                |                                          |                    |             |             |                | x                |             | x           |               |                |               |                  |              |                 |              |               |             |            |
| Natural Yoghurt             |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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## ALLERGENS

| <b>WEEK 4<br/>THURSDAY</b> | <b>Cereals<br/>containing<br/>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            |               |             |            |
| Vegetable Chow Mein        | x                                        |                    | x           |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Vegetable Pie              |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Potato                     |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Peas                       |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Tuna Mayo Roll             | x                                        |                    |             |             |                |                  |             |             |               |                | x             |                  |              |                 | x            |               |             |            |
| Salad Selection            |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Coleslaw                   |                                          |                    | x           |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Hummus Salad Roll          | x                                        |                    |             |             |                |                  |             |             |               |                | x             |                  |              |                 | x            |               |             |            |
| Chicken Noodle Soup        | x                                        |                    | x           |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| Apple Crumble              | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               | x           |            |
| Custard                    |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| Soya Yoghurt               |                                          |                    |             |             |                | x                |             | x           |               |                |               |                  |              |                 |              |               |             |            |
| Fresh Fruit                |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| Natural Yoghurt            |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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# ALLERGENS

| <b>WEEK 4<br/>FRIDAY</b>                  | <b>Cereals<br/>containing<br/>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>Beef and Baked Bean Hotpot</b>         |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Vegetable Fingers</b>                  | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Potato &amp; Baked Bean Pie</b>        |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Potato</b>                             |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Pasta</b>                              | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Salad Selection</b>                    |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Coleslaw</b>                           |                                          |                    |             | x           |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Carrots</b>                            |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Cheese &amp; Red Pepper Wrap</b>       | x                                        |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Vegan Cheese &amp; Red Pepper Wrap</b> | x                                        |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 | x            |               |             |            |
| <b>Potato Soup</b>                        |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Soya Yoghurt</b>                       |                                          |                    |             |             |                | x                |             | x           |               |                |               |                  |              |                 |              |               |             |            |
| <b>Fresh Fruit</b>                        |                                          |                    |             |             |                |                  |             |             |               |                |               |                  |              |                 |              |               |             |            |
| <b>Natural Yoghurt</b>                    |                                          |                    |             |             |                |                  | x           |             |               |                |               |                  |              |                 |              |               |             |            |

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