

| <b>Week 1</b> Week Begins: 28 October, 18 November, 9 December, 13 January, 3 & 24 February and 16 March |                                                                                                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mon</b>                                                                                               | <p>Butchers Pork Sausages 🌾🥬🥕🥑</p> <p>✓ Linda McCartney Sausage 🌾🥬🥕🥑</p> <p>✓ Tomato Pasta 🌾</p> <p>Mashed Potatoes   Baked Beans   Mixed Vegetables</p> <hr/> <p>Seasonal Fruit Crumble and Custard 🌾🥕🥑</p>                                         |
| <b>Tues</b>                                                                                              | <p>Tuna Mayonnaise Sandwiches 🌾🥬🥕🥑🥑</p> <p>With Salad Bar Accompaniments</p> <hr/> <p>Beef Lasagne 🌾🥬🥕🥑</p> <p>✓ Jacket Potato with Baked Beans 🌾🥕🥑</p> <p>Garlic Bread   Broccoli   Carrots</p> <hr/> <p>Chocolate Saucy Sponge and Custard 🌾🥕🥑</p> |
| <b>Wed</b>                                                                                               | <p>Gluten Free Bubble Fish Fillet 🐟</p> <p>Chicken Fajitas 🌾🥕🥑</p> <p>✓ Cauliflower Cheese 🌾🥕🥑</p> <p>Boiled Potatoes   Peas   Beetroot</p>                                                                                                          |
| <b>Thur</b>                                                                                              | <p>Egg Mayonnaise Sandwiches 🌾🥬🥕🥑🥑</p> <p>With Salad Bar Accompaniments</p> <hr/> <p>Chicken Korma 🌾🥕🥑🥑</p> <p>✓ Singapore Noodles 🌾🥕🥑🥑</p> <p>Rice   Sweetcorn   Broccoli &amp; Cauliflower</p> <hr/> <p>Lentil Soup 🌾</p>                          |
| <b>Fri</b>                                                                                               | <p>✓ Stuffed Crust Cheese and Tomato Pizza 🌾🥕🥑</p> <p>✓ Vegetable Risotto 🌾🥕🥑</p> <p>Potato Wedges   Coleslaw   Green Beans</p> <hr/> <p>Oat Cookie 🌾🥕🥑</p>                                                                                          |

**Primary School Menu Winter 2019**

Menu choices may change at short notice

**QMS**  
QUALITY MEAT SCOTLAND  
We use locally grown produce where possible



Please note on the days where puddings are not allocated children can choose from the Everyday Options available.



| <b>Week 2</b> Week Begins: 4 & 25 November, 16 December, 20 January, 10 February and 2 & 23 March |                                                                                                                                                                                                                                                     |
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| <b>Mon</b>                                                                                        | <p>✓ Macaroni Cheese 🌾🥕🥑</p> <p>Chilli 🌾</p> <p>Rice   Peas   Sweetcorn</p> <hr/> <p>Angel Whirl 🌾</p>                                                                                                                                              |
| <b>Tues</b>                                                                                       | <p>Ham Sandwiches 🌾🥕🥑</p> <p>With Salad Bar Accompaniments</p> <hr/> <p>Roast Chicken with Mealie 🌾🥕🥑</p> <p>✓ Quorn Toad in the Hole 🌾🥕🥑</p> <p>Roast Potatoes   Diced Mixed Vegetables   Baked Beans</p> <hr/> <p>Yellow Pea Soup 🌾</p>           |
| <b>Wed</b>                                                                                        | <p>✓ Cheese Panini 🌾🥕🥑</p> <p>Chicken Curry 🌾🥕🥑</p> <p>Rice   Coleslaw   Carrot/Cauliflower/Broccoli</p>                                                                                                                                            |
| <b>Thur</b>                                                                                       | <p>Tuna Mayonnaise Sandwiches 🌾🥬🥕🥑🥑</p> <p>With Salad Bar Accompaniments</p> <hr/> <p>Freshly Made Steak Pie 🌾🥕🥑</p> <p>✓ 4 Cheese Ravioli with Tomato Sauce 🌾🥕🥑</p> <p>Mashed Potatoes   Carrots   Sweetcorn</p> <hr/> <p>Custard with Fruit 🌾</p> |
| <b>Fri</b>                                                                                        | <p>Crispy Battered Cod Fillet 🐟🥕🥑</p> <p>✓ Herbie Spaghetti 🌾🥕🥑</p> <p>Chips   Peas   Beetroot</p> <hr/> <p>Iced Sponge and Custard 🌾🥕🥑</p>                                                                                                         |

| OCTOBER |     |     |     |     | NOVEMBER |     |     |     |                | DECEMBER |     |     |     |     | JANUARY |     |     |     |     | FEBRUARY |                |                |     |     | MARCH |     |     |     |     | APRIL   |     |     |     |     |   |
|---------|-----|-----|-----|-----|----------|-----|-----|-----|----------------|----------|-----|-----|-----|-----|---------|-----|-----|-----|-----|----------|----------------|----------------|-----|-----|-------|-----|-----|-----|-----|---------|-----|-----|-----|-----|---|
| Mon     | Tue | Wed | Thu | Fri | Mon      | Tue | Wed | Thu | Fri            | Mon      | Tue | Wed | Thu | Fri | Mon     | Tue | Wed | Thu | Fri | Mon      | Tue            | Wed            | Thu | Fri | Mon   | Tue | Wed | Thu | Fri | Mon     | Tue | Wed | Thu | Fri |   |
|         | 1   | 2   | 3   | 4   |          |     |     | 1   | 2              |          |     |     |     |     | HOLIDAY |     |     |     |     |          |                |                |     |     |       |     |     |     |     |         |     |     | 1   | 2   | 3 |
| 7       | 8   | 9   | 10  | 11  | 4        | 5   | 6   | 7   | 8              | 2        | 3   | 4   | 5   | 6   | 6       | 7   | 8   | 9   | 10  | 3        | 4              | 5              | 6   | 7   | 2     | 3   | 4   | 5   | 6   | HOLIDAY |     |     |     |     |   |
| HOLIDAY |     |     |     |     | 11       | 12  | 13  | 14  | 15             | 9        | 10  | 11  | 12  | 13  | 13      | 14  | 15  | 16  | 17  | 10       | 11             | 12             | 13  | 14  | 9     | 10  | 11  | 12  | 13  | HOLIDAY |     |     |     |     |   |
|         |     |     |     |     | 18       | 19  | 20  | 21  | In-Service Day | 16       | 17  | 18  | 19  | 20  | 20      | 21  | 22  | 23  | 24  | HOL      | In-Service Day | In-Service Day | 20  | 21  | 16    | 17  | 18  | 19  | 20  | 20      | 21  | 22  | 23  | 24  |   |
| 28      | 29  | 30  |     |     | 25       | 26  | 27  | 28  | 29             | HOLIDAY  |     |     |     |     | 27      | 28  | 29  | 30  | 31  | 24       | 25             | 26             | 27  | 28  | 23    | 24  | 25  | 26  | 27  | 27      | 28  | 29  | 30  |     |   |

| <b>Week 3</b> Week Begins: 11 November, 2 December, 6 & 27 January, 17 February and 9 & 30 March |                                                                                                                                                                                                                                         |
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| <b>Mon</b>                                                                                       | <p>Organic Pork Meatballs with Gravy 🌾🥕🥑</p> <p>✓ Korma Pasta 🌾🥕🥑</p> <p>Mashed Potatoes   Carrots   Peas</p> <hr/> <p>Rice Pudding with Pears 🌾</p>                                                                                    |
| <b>Tues</b>                                                                                      | <p>✓ Cheese Sandwiches 🌾🥕🥑</p> <p>With Salad Bar Accompaniments</p> <hr/> <p>Chicken Pie 🌾🥕🥑</p> <p>✓ Vegetable Nuggets 🌾🥕🥑</p> <p>Potato Croquettes   Green Beans   Coleslaw</p> <hr/> <p>Tomato Soup 🌾</p>                            |
| <b>Wed</b>                                                                                       | <p>Gluten Free Salmon Fish Fingers 🐟</p> <p>Oriental Chicken Noodles 🌾🥕🥑</p> <p>✓ Jacket Potato with Cheese 🌾🥕🥑</p> <p>Spaghetti Hoops   Broccoli   Sweetcorn</p>                                                                       |
| <b>Thur</b>                                                                                      | <p>Tuna Mayonnaise Sandwiches 🌾🥬🥕🥑🥑</p> <p>With Salad Bar Accompaniments</p> <hr/> <p>Traditional Mince with Yorkshire Pudding 🌾🥕🥑</p> <p>✓ Broccoli Cheese 🌾🥕🥑</p> <p>Mashed Potatoes   Turnip   Peas</p> <hr/> <p>Carrot Cake 🌾🥕🥑</p> |
| <b>Fri</b>                                                                                       | <p>Turkey Burger 🌾🥕🥑</p> <p>✓ Vegetable Burger 🌾🥕🥑</p> <p>Stovies 🌾</p> <p>Pasta Salad   Beetroot   Baked Beans</p> <hr/> <p>Seasonal Fruit Cheesecake 🌾🥕🥑</p>                                                                          |

**Every day:**

- Free Bread** (Image of a round loaf)
- Salad Bowl** (Image of a green salad)
- \*Options:**
  - Yoghurt & Fresh Fruit** (Image of an apple)
  - Glass of Milk or Water** (Image of a glass)
  - Cheese & Biscuits** (Image of a biscuit)

*\*Alternatives to puddings*

**14 Allergens**

The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide. There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

- 1) Celery:** 🌿 This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
- 2) Cereals containing gluten:** 🌾 Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
- 3) Crustaceans:** 🦀 Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
- 4) Eggs:** 🥚 Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- 5) Fish:** 🐟 You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
- 6) Lupin:** 🌱 Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
- 7) Milk:** 🥛 Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
- 8) Molluscs:** 🐚 These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
- 9) Mustard:** 🌿 Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
- 10) Nuts:** 🌰 Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
- 11) Peanuts:** 🌿 Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
- 12) Sesame seeds:** 🌱 These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
- 13) Soya:** 🌱 Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
- 14) Sulphur dioxide (sometimes known as sulphites):** 🌿 This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)  
 Sign up to our allergy alerts on [food.gov.uk/allergy-alerts](http://food.gov.uk/allergy-alerts) or follow #AllergyAlert on Twitter & Facebook  
 Let's keep connected at [food.gov.uk/facebook](http://food.gov.uk/facebook)  
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