

Week 1 Week Begins: 26 October, 16 November, 7 December, 11 January, 1 & 22 February, 15 March	
Mon	Chilly Philly Wrap ✓🌱🌾 <i>With Salad Bar Accompaniments</i>
	Traditional Mince 🌱 Vegetable Nuggets ✓🌱 <i>Mashed Potatoes Spaghetti Hoops Carrots Peas</i>
Tues	Gluten Free Salmon Fish Fingers 🌱 BBQ Chicken Panini 🌱🌾🌿 Vegetable Lasagne ✓🌱🌾 <i>Potato Wedges Coleslaw Broccoli</i>
	Pear Sponge and Custard 🌱🌾🍷
Wed	Tuna Mayonnaise Sandwiches 🌱🌾🐟 <i>With Salad Bar Accompaniments</i>
	Baked Asian Style Honey Chicken 🌱🌿 Jacket Potato with Cheese ✓🌱 <i>Noodles Sweetcorn Green Beans</i>
	Lentil Soup 🌱
Thur	Macaroni Cheese ✓🌱🌾🍷 Homemade Vegetarian Sausage Roll 🌱🍷 <i>Garlic Bread Baked Beans Peas</i>
	Jelly Jewels with Fruit
Fri	Chicken in Gravy with Yorkshire Pudding 🌱🍷 4 Cheese Ravioli in Tomato Sauce ✓🌱🍷 <i>Roast Potatoes Vegetable Medley Sweetcorn</i>
	Shortcake 🌱🌾

Primary School Menu Winter 2020

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.

Packed lunches for school trips are available to order

Week 2 Week Begins: 2 & 23 November, 14 December, 18 January, 8 February, 1 & 22 March	
Mon	Butchers Grilled Pork Sausages 🌱🌾🐷 Quorn Sausages ✓🌱🌾🐷 Herbie Spaghetti ✓🌱🌾 <i>Mashed Potatoes Baked Beans Broccoli</i>
Tues	Chicken Korma 🌱🌿🐔 Jacket Potato with Baked Beans ✓ Jacket Potato with Egg Mayonnaise ✓🌱🍷 <i>Rice Sweetcorn Green Beans</i>
	Banana Muffin 🌱🍷🌾
Wed	Cheese Sandwiches ✓🌱🌾🍷 <i>With Salad Bar Accompaniments</i>
	Turkey Burger 🌱🌿🐔 Beef Lasagne 🌱🌾🍷 <i>Potato Wedges Coleslaw Peas</i>
	Lentil Soup 🌱
Thur	Tuna Mayonnaise Wrap 🌱🌾🐟 <i>With Salad Bar Accompaniments</i>
	Steak Pie 🌱🌾🍷 Cauliflower & Broccoli Bake ✓🌱 <i>Boiled Potatoes Carrots Cabbage</i>
	Winter Fruit Delight 🌱
Fri	Crispy Battered Cod Fillet 🌱🐟 Singapore Noodles ✓🌱🍷🌿 <i>Chips Peas Sweetcorn</i>
	Apple Crumble with Custard 🌱🍷

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					
					2	3	4	5	6		1	2	3	4																									
					9	10	11	12	13	7	8	9	10	11	HOL	5	6	7	8	1	2	3	4	5	8	9	10	11	12										
					16	17	18	19	In-Service Day	14	15	16	17	18	11	12	13	14	15	8	9	10	11	12	15	16	17	18	19										
					23	24	25	26	27						18	19	20	21	22	HOL	In-Service Day	In-Service Day	18	19	22	23	24	25	26										
26	27	28	29	30	30										25	26	27	28	29	22	23	24	25	26															

Week 3 Week Begins: 9 & 30 November, 4 & 25 January, 15 February, 8 March	
Mon	Tuna Mayonnaise Roll 🌱🌾🐟 <i>With Salad Bar Accompaniments</i>
	Bolognese Sauce Quorn Vegan Nuggets 🌱 <i>Spaghetti Baked Beans Peas</i>
	Coco Sponge & Custard 🌱🍷🌾
Tues	Oriental Chicken Fried Rice 🌱🌿🐔 Bubble Crisp Fish 🐟 Cheese Panini ✓🌱🌾 <i>Chips Mixed Vegetable Coleslaw</i>
Wed	Egg Mayonnaise Sandwiches ✓🌱🌾🍷 <i>With Salad Bar Accompaniments</i>
	Organic Pork Meatballs in Gravy 🌱 Vegetarian Fajitas ✓🌱 <i>Mashed Potatoes Broccoli Sweetcorn</i>
	Lentil Soup 🌱
Thur	Chicken Pie 🌱🌾🍷 Tomato Pasta ✓🌱 <i>Potato Croquettes Carrots Peas</i>
	Flapjack Cookie 🌱🍷
Fri	Cheese & Tomato Stuffed Crust Pizza ✓🌱🍷 Chicken Curry 🌱🌿 <i>Rice Sweetcorn Green Beans</i>
	Fruit Cheesecake 🌱🍷

Every day:

- Free Bread** (Image of a loaf of bread)
- Salad Selection** (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 or nhs.uk/conditions/allergies
 Sign up to our allergy alerts on [food.gov.uk/allergy-alerts](https://twitter.com/allergyalerts) or follow [#AllergyAlert](https://twitter.com/allergyalerts) on Twitter & Facebook
 Let's keep connected at [food.gov.uk/facebook](https://www.facebook.com/foodgov)
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