

Week 1 Week Begins: 18 April, 9 & 30 May, 20 June, 29 August, 19 September, 10 October	
Mon	Tuna Mayonnaise Sandwiches (Gluten/Egg/Fish/Milk/Mustard/Soya) Butchers Pork Sausages (Gluten/Soya/Sulphur Dioxide) (Vegetarian) Tomato Pasta (Gluten) Mashed Potatoes Baked Beans Coleslaw ----- Vanilla Ice Cream with Seasonal Fruit Sauce (Milk)
Tues	Chicken Korma (Celery/Gluten/Milk/Mustard) (Vegetarian) Cheese Wheel (Gluten/Milk) Rice Broccoli Sweetcorn ----- Fresh Fruit Platter
Wed	Levi Roots BBQ Chicken Goujon (Gluten) (Vegetarian) Cheese Panini (Gluten/Milk/Sesame) Spaghetti Hoops Sweetcorn Coleslaw ----- Lentil Soup (Celery)
Thur	(Vegetarian) Egg Mayonnaise Roll (Gluten/Egg/Milk/Mustard/Sesame) Mince and Mealie (Gluten) (Vegetarian) Vegan Country Bake (Gluten/Soya) Mashed Potatoes Carrots Diced Mixed Vegetables ----- Summer Fruit Muffin (Gluten/Egg/Milk)
Fri	(Vegetarian) Cheese Sandwiches (Gluten/Milk/Soya) Scottish Oven Ready Haddock (Gluten/Fish) (Vegetarian) Singapore Noodles (Gluten/Egg/Sesame/Soya) Chips Peas Green Beans ----- Strawberry Flavoured Mousse with Seasonal Fruit (Milk)

Primary School Menu Summer 2022

Menu choices may change at short notice



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



Week 2 Week Begins: 25 April, 16 May, 6 & 27 June, 5 & 26 September	
Mon	Turkey Sandwiches (Gluten/Milk/Soya) Gluten Free Salmon Fish Fingers (Fish) (Vegetarian) Herbie Spaghetti (Gluten) Mashed Potatoes Baked Beans Vegetable Medley ----- Fresh Fruit Platter
Tues	(Vegetarian) Cheese Roll (Gluten/Eggs/Milk/Sesame) Roast Chicken with Mealie (Gluten) (Vegetarian) Jacket Potato with Baked Beans Boiled Potatoes Brussels Sprouts Coleslaw ----- Lentil Soup (Celery)
Wed	Tuna and Sweetcorn Wrap (Gluten/Egg/Fish/Milk/Mustard) Bolognaise Sauce (Vegetarian) Quorn Sausage Roll (Gluten/Egg/Milk) Spaghetti Baked Beans Sweetcorn ----- Seasonal Fruit Crumble and Custard (Gluten/Milk)
Thur	Steak Pie (Celery/Gluten) (Vegetarian) 4 Cheese Ravioli in Tomato Sauce (Gluten/Milk) Baby Boiled Potatoes Peas Carrots ----- Choco Beet Slice (Gluten/Egg/Milk)
Fri	(Vegetarian) Stuffed Crust Cheese and Tomato Pizza (Gluten/Milk) (Vegetarian) Vegetarian Shepherd's Pie (Gluten/Egg/Milk) Garlic Bread Broccoli Beetroot ----- Flapjack Cookie with Raisins (Gluten/Milk)

APRIL					MAY					JUNE					JULY					AUGUST					SEPTEMBER					OCTOBER									
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					
				HOL	HOL	In-Service Day	4	5	6			1	2	HOL																									
HOLIDAYS					9	10	11	12	13	6	7	8	9	10	HOLIDAYS					HOLIDAYS					5	6	7	8	9	10	11	12	13	HOL					
18	19	20	21	22	16	17	18	19	20	13	14	15	16	17						In-Service Day	23	24	25	26	19	20	21	22	HOL	HOLIDAYS									
25	26	27	28	29	30	31				27	28	29	30		29	30	31			HOL	27	28	29	30															

Week 3 Week Begins: 2 & 23 May, 13 June, 22 August, 12 September, 3 October	
Mon	Tuna Roll (Gluten/Egg/Fish/Milk/Mustard/Sesame) Gluten Free Pork Meatballs in Gravy (Soya/Sulphur Dioxide) (Vegetarian) Red Lentil and Sweet Potato Curry (Celery/Gluten) Rice Mashed Potatoes Green Beans Mixed Vegetables ----- Strawberry and Melon Cup
Tues	Chicken Mayonnaise Sandwiches (Gluten/Egg/Milk/Mustard/Soya) Scottish Oven Ready Haddock (Gluten/Fish) (Vegetarian) Vegetable Lasagne (Gluten/Milk) Chips Peas Sweetcorn ----- Banana Scotch Pie (Gluten/Milk)
Wed	(Vegetarian) Macaroni Cheese (Gluten/Milk) (vegetarian) Quorn Toad in the Hole (Gluten/Egg/Milk) Garlic Bread Carrots Beetroot ----- Fresh Fruit Platter
Thur	Chicken Pie (Celery/Gluten/Milk) (Vegetarian) Quorn Fajitas (Gluten/Egg) Potato Croquettes Sweetcorn Baked Beans ----- Lentil Soup (Celery)
Fri	Chicken Grill in a Bun (Gluten/Egg/Milk/Sesame/Soya) (Vegetarian) Veggie Burger in a Bun (Gluten/Egg/Milk/Sesame/Soya/Sulphur Dioxide) (Vegetarian) Vegetable Risotto (Celery) Potato Wedges Coleslaw Broccoli ----- Seasonal Fresh Fruit Salad and Natural Yoghurt (Milk)

Every day:



*Options:



*Alternatives to puddings

We use seasonal produce

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: [Foodstandards.gov.scot/consumers/food-safety/food-allergies-or-nhsinform.scot/illnesses-and-conditions/nutritional/food-allergy](https://www.foodstandards.gov.scot/consumers/food-safety/food-allergies-or-nhsinform.scot/illnesses-and-conditions/nutritional/food-allergy)
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