

<b>Week 1</b> Week Begins: 25 October, 15 November, 6 December, 3 January, 24 January, 14 February 7 & 28 March	
<b>Mon</b>	<b>Traditional Mince with Mealie</b> 🌱🌿🍷 <b>Moroccan Rice</b> ✓🌱🌿 <i>Mashed Potatoes   Carrots   Broccoli</i>
<b>Tues</b>	<b>Cheese Sandwiches</b> ✓🌱🌿 <b>Fish Pie</b> 🐟🌿 <b>Singapore Noodles</b> ✓🌱🌿🍷 <i>Vegetable Medley   Peas</i>
<b>Wed</b>	<b>Caribbean Chicken</b> 🌱🍷 <b>Meat Free Sausage Roll</b> ✓🌱🌿🍷 <i>Rice   Mashed Potatoes   Sweetcorn   Baked Beans</i>
<b>Thur</b>	<b>Chicken Mayonnaise Wrap</b> 🌱🍷🌿 <b>Chilli Wedge Bake</b> 🌱 <b>Mediterranean Vegetable Lasagne</b> ✓🌱🌿 <i>Garlic Bread   Green Beans   Sweetcorn</i>
<b>Fri</b>	<b>Chicken Risotto</b> 🌱 <b>Butchers Hot Dog</b> 🌱🍷🌿 <b>Meat Free Hot Dog</b> ✓🌱🌿 <i>Warm Potato Salad   Cucumber Sticks   Coleslaw</i>

**Primary School Menu Winter 2021**

Menus may change at short notice depending on delivery

**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: 1 & 22 November, 13 December, 10 & 31 January, 21 February, 14 March	
<b>Mon</b>	<b>Tuna Mayonnaise Sandwiches</b> 🌱🐟🍷 <b>Butcher Pork Sausages</b> 🌱🍷 <b>Tomato Pasta</b> ✓🌱 <i>Mashed Potatoes   Baked Beans   Broccoli</i>
<b>Tues</b>	<b>Fresh Fruit Platter</b>
<b>Tues</b>	<b>Chicken Pie</b> 🌱🍷 <b>Cheese Panini</b> ✓🌱🌿 <i>Potato Croquettes   Carrots   Peas</i>
<b>Wed</b>	<b>Bolognese Sauce</b>
<b>Wed</b>	<b>Baked Potato with Baked Beans</b> ✓ <i>Spaghetti   Green Beans   Sweetcorn</i>
<b>Thur</b>	<b>Egg Mayonnaise Roll</b> ✓🌱🍷🌿 <b>Breaded Haddock</b> 🐟🌿 <b>Curried Lentil Burger</b> ✓🌱🌿 <i>Chips   Peas   Coleslaw</i>
<b>Fri</b>	<b>Shepherds Pie with Sweet Potato Topping</b> 🌱 <b>4 Cheese Ravioli in Tomato Sauce</b> ✓🌱🍷 <i>Carrots   Sweetcorn</i>

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	5			1	2	3	HOLS	5	6	7			1	2	3	4															HOL
					8	9	10	11	12	6	7	8	9	10	10	11	12	13	14	7	8	9	10	11	7	8	9	10	11	HOLIDAY									
HOLIDAY					15	16	17	18	In-Service Day	13	14	15	16	17	17	18	19	20	21	HOL	In-Service Day	In-Service Day	17	18	14	15	16	17	18	HOLIDAY									
					22	23	24	25	26	20	21	HOLS			24	25	26	27	28	21	22	23	24	25	21	22	23	24	25										
25	26	27	28	29	29	30				HOLIDAY					31					28					28	29	30	31											

<b>Week 3</b> Week Begins: 8 & 29 November, 20 December, 17 January, 7 & 28 February, 21 March	
<b>Mon</b>	<b>Gluten Free Pork Meatballs in Tomato Sauce</b> 🌱🍷 <b>Gluten Free Salmon Fish Fingers</b> 🐟 <b>Quorn and Vegetable Curry</b> ✓🌱🌿🍷 <i>Rice   Mashed Potatoes   Baked Beans   Broccoli</i>
<b>Tues</b>	<b>Turkey Sandwiches</b> 🌱🌿 <b>Italian Beef</b> 🌱🌿 <b>Cheese Wheel</b> ✓🌱🌿 <i>Garlic Bread   Peas   Coleslaw</i>
<b>Wed</b>	<b>Chicken Korma</b> 🌱🍷 <b>Vegan Country Bake</b> ✓🌱🌿 <i>Rice   Mixed Vegetables   Broccoli</i>
<b>Thur</b>	<b>Tuna and Sweetcorn Wrap</b> 🌱🐟🍷 <b>Beef, Spinach and Broccoli Grill</b> 🌱 <b>Macaroni Cheese</b> ✓🌱🌿 <i>Diced Potatoes   Carrots   Peas</i>
<b>Fri</b>	<b>Stovies and Oatcake</b> 🌱🍷 <b>Stuffed Crust Cheese and Tomato Pizza</b> ✓🌱🌿 <i>Beetroot   Sweetcorn</i>

**Every day:**

- Free Bread**
- Salad Selection**
- \*Options:**
  - Yoghurt & Fresh Fruit**
  - Glass of Milk or Water**
  - Cheese & Biscuits**

*\*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: [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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