

Week 1		Week Begins: 12 April, 3 May, 24 May, 14 June, 23 August, 13 September, 4 October	
Mon	Gluten Free Pork Meatballs in Gravy Vegetable Fajitas Mashed Potatoes Broccoli Carrots		
Tues	Choco Beet Slice Cheese Roll Gluten Free Bubble Fish Singapore Noodles Chips Peas Coleslaw		
Wed	Strawberry and Melon Cup Tuna Mayonnaise Sandwiches Chicken Curry Quorn Toad in the Hole Rice Baked Beans Vegetable Medley		
Thur	Fresh Fruit Platter Macaroni Cheese Vegetable Nuggets Homemade Garlic Bread Cauliflower Peas		
Fri	Raspberry Cheesecake Egg Mayonnaise Sandwiches Traditional Mince with Yorkshire Pudding Herbie Spaghetti Mashed Potatoes Carrots Sweetcorn		
	Shortcake and Custard		

Primary School Menu Summer 2021

Menu choices may change at short notice

QMS
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.



Week 2		Week Begins: 19 April, 10 May, 31 May, 21 June, 30 August, 20 September	
Mon	Butchers Grilled Pork Sausages Quorn Sausages Cheese Panini Mashed Potatoes Baked Beans Coleslaw		
Tues	Tiffin Cheese Sandwich Chicken Pie Tomato Pasta Potato Croquettes Carrots Beetroot		
Wed	Fresh Fruit Platter Tuna Mayonnaise Roll Chicken Korma Jacket Potato with Baked Beans Rice Sweetcorn Whole Green Beans		
Thur	Banana Muffin Egg Mayonnaise Sandwiches Bolognese Sauce Breaded Fish Spaghetti Chips Diced Mixed Vegetables Coleslaw		
Fri	Lentil Soup Stuffed Crust Cheese and Tomato Pizza Asian Beef Noodles Homemade Garlic Bread Peas Sweetcorn		
	Oat Cookie		

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

Week 3		Week Begins: 26 April, 17 May, 7 June, 16 August, 6 September, 27 September	
Mon	Tuna Mayonnaise Sandwiches Chilli Nachos Quorn Vegan Nuggets with a Sweet and Sour Dip Rice Vegetable Medley Peas		
Tues	Fresh Fruit Platter Cheese Roll Steak Pie Vegetarian Curry Baby Boiled Potatoes Rice Mixed Vegetables Sweetcorn		
Wed	Chocolate Sponge Egg Mayonnaise Sandwiches Gluten Free Salmon Fish Fingers Cheese Wheel Diced Potatoes Baked Beans Peas		
Thur	Peach Crunch Roast Chicken with Mealie 4 Cheese Ravioli in Tomato Sauce Mashed Potatoes Carrots Broccoli		
Fri	Mixed Fruit Cup Beef Burger in a Bun Vegetable Burger in a Bun Vegetable Risotto Chips Sweetcorn Coleslaw		
	Jelly Jewels		

Every day:



*Options:



*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
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