

# WEEK 1

17/04/2023  
15/05/2023  
12/06/2023  
14/08/2023  
11/09/2023  
23/10/2023  
20/11/2023  
18/12/2023  
29/01/2024  
26/02/2024

Key  
Vegetarian   
Vegan

	Monday	Tuesday	Wednesday	Thursday	Friday
Green	Chicken curry	Macaroni cheese	Steak mince with vegetables	Butcher's pork sausage with optional gravy	Bubblefish
Yellow	Cheese and tomato pizza	Vegetable fajita	Breaded chicken goujons	Spring roll	Roast chicken with optional gravy
	Potato wedges Rice Salad selection 2 Seasonal vegetables	Garlic bread Salad selection 2 Seasonal vegetables	Potato Salad selection 2 Seasonal vegetables	Potato Salad selection 2 Seasonal vegetables	Potato Pasta Salad selection 2 Seasonal vegetables
Orange	Tuna mayonnaise roll Salad selection	Ham sandwich Salad selection	Egg mayonnaise sandwich Salad selection	Chicken mayonnaise sandwich Salad selection	Cheese wrap Salad selection
Soup / Pudding	Lentil soup Selection of fresh fruit with optional natural yoghurt	Potato soup Selection of fresh fruit with optional natural yoghurt	Vegetable soup Orange cake with optional custard and fresh fruit Selection of fresh fruit with optional natural yoghurt	Tomato soup Oatie biscuit with mandarins Selection of fresh fruit with optional natural yoghurt	Sweetcorn soup Strawberry mousse with fresh fruit salad Selection of fresh fruit with optional natural yoghurt

# WEEK 2

24/04/2023  
22/05/2023  
19/06/2023  
21/08/2023  
18/09/2023  
30/10/2023  
27/11/2023  
08/01/2024  
05/02/2024  
04/03/2024

Key  
Vegetarian   
Vegan

	Monday	Tuesday	Wednesday	Thursday	Friday
Green	Butchers beef burger in a wholemeal roll	Fish fingers	Chicken pie	Chicken pasta bake	Roast beef with optional gravy
Yellow	Potato and baked bean pie	Cheesy vegetable pasta	Vegetable chow mein	Salmon and sweet potato fish cakes	Jacket potato with cheese
	Chips Salad selection 2 Seasonal vegetables	Potato Salad selection 2 Seasonal vegetables	Potato Salad selection 2 Seasonal vegetables	Potato Pasta Salad selection 2 Seasonal vegetables	Potato Salad selection 2 Seasonal vegetables
Orange	Egg salad sandwich Salad selection	Chicken mayonnaise wrap Salad selection	Ham roll Salad selection	Cheese sandwich Salad selection	Tuna mayonnaise sandwich Salad selection
Soup / Pudding	Chicken and rice soup Selection of fresh fruit with optional natural yoghurt	Lentil soup Plain muffin with fruit salad Selection of fresh fruit with optional natural yoghurt	Yellow split pea soup Chocolate sponge with mandarins and optional custard Selection of fresh fruit with optional natural yoghurt	Vegetable soup Rice pudding with peaches Selection of fresh fruit with optional natural yoghurt	Carrot and potato soup Selection of fresh fruit with optional natural yoghurt

# WEEK 3

01/05/2023  
29/05/2023  
26/06/2023  
28/08/2023  
25/09/2023  
06/11/2023  
04/12/2023  
15/01/2024  
12/02/2024  
11/03/2024

Key  
Vegetarian   
Vegan

	Monday	Tuesday	Wednesday	Thursday	Friday
Green	Breaded haddock	Macaroni cheese	Beef bolognaise	Sausage roll	Chicken fajitas
Yellow	Vegetable balls in tomato sauce	Spring roll	Breaded chicken goujons	Vegetable rice	Cheese and tomato pizza
	Pasta Potato Salad selection 2 Seasonal vegetables	Garlic bread Long grain rice Salad selection 2 Seasonal vegetables	Potato Pasta Salad selection 2 Seasonal vegetables	Potato Salad selection 2 Seasonal vegetables	Potato wedges Salad selection 2 Seasonal vegetables
Orange	Cheese sandwich Salad selection	Ham sandwich Salad selection	Egg mayonnaise wrap Salad selection	Chicken slice roll Salad selection	Tuna mayonnaise sandwich Salad selection
Soup / Pudding	Vegetable soup Lemon sponge with fruit and optional custard Selection of fresh fruit with optional natural yoghurt	Chicken and sweetcorn soup Selection of fresh fruit with optional natural yoghurt	Potato and leek soup Selection of fresh fruit with optional natural yoghurt	Tomato soup Cornflake biscuit with fruit Selection of fresh fruit with optional natural yoghurt	Lentil soup Ginger sponge with optional custard and fresh fruit Selection of fresh fruit with optional natural yoghurt

# WEEK 4

08/05/2023  
05/06/2023  
04/09/2023  
02/10/2023  
13/11/2023  
11/12/2023  
22/01/2024  
19/02/2024  
18/03/2024

Key  
Vegetarian   
Vegan

	Monday	Tuesday	Wednesday	Thursday	Friday
Green	Salmon and sweet potato fish cake	Roast chicken with optional gravy	Butchers sausage in a hot dog roll	Steak pie	Fish fingers
Yellow	Cheese melt baguette	Tomato pasta	Jacket potato with baked beans	Vegetable chow mein	Beef and baked bean hotpot
	Potato Salad selection 2 Seasonal vegetables	Potato Salad selection 2 Seasonal vegetables	Potato wedges Salad selection 2 Seasonal vegetables	Potato Salad selection 2 Seasonal vegetables	Potato Pasta Salad selection 2 Seasonal vegetables
Orange	Ham sandwich Salad selection	Egg salad roll Salad selection	Chicken salad sandwich Salad selection	Tuna mayonnaise sandwich Salad selection	Cheese and red pepper wrap Salad selection
Soup / Pudding	Carrot and potato soup Selection of fresh fruit with optional natural yoghurt	Yellow split pea soup Chocolate oat cookie with fruit Selection of fresh fruit with optional natural yoghurt	Lentil soup Selection of fresh fruit with optional natural yoghurt	Chicken noodle soup Apple and Berry crumble with fruit and optional custard Selection of fresh fruit with optional natural yoghurt	Potato soup Shortbread and fruit Selection of fresh fruit with optional natural yoghurt



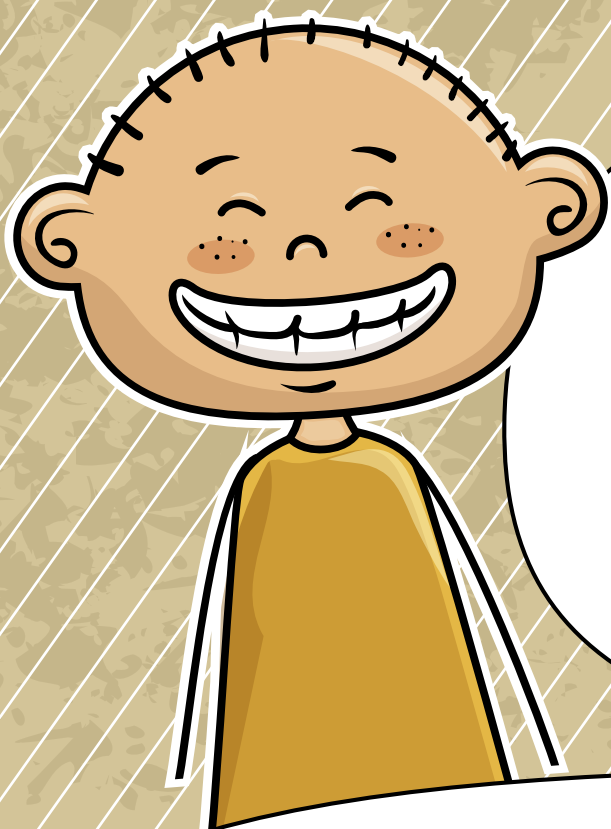
# OUR SCHOOL LUNCH MENU 2023



**FRESHLY PREPARED  
IN OUR SCHOOL**

## OUR MENU RUNS ON A FOUR WEEK CYCLE

Week 1	Week 2	Week 3	Week 4
17/04/2023	24/04/2023	01/05/2023	08/05/2023
15/05/2023	22/05/2023	29/05/2023	05/06/2023
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**FRESH MILK**  
from Graham's Dairy in Nairn

**FREE RANGE EGGS**  
from Allarburn in Elgin

**SEASONAL VEGETABLES**  
from Swanson's Fruit & Veg in Elgin

**QUALITY MEAT**  
Andersons Butcher Buckie provides for Buckie, Keith and Fochabers area  
Fraser Brothers Butchers provides for Forres, Lossiemouth, Elgin and Speyside area

**FRESH BREAD**  
Straithisla Bakery provides for Keith and Fochabers area

## WE HAVE A RANGE OF HEALTHY MEALS

including Vegetarian and Vegan options

All children are eligible for free school meals until they reach P5. From P6, school meals can be purchased online or from the school at a cost of £2.40.

If your child is a vegan, you can contact [schoolmeals@moray.gov.uk](mailto:schoolmeals@moray.gov.uk) for a full vegan menu.

Comprehensive allergen and nutritional details associated with our meals can be accessed by visiting the School Meals page available on the Moray Council website.

