

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



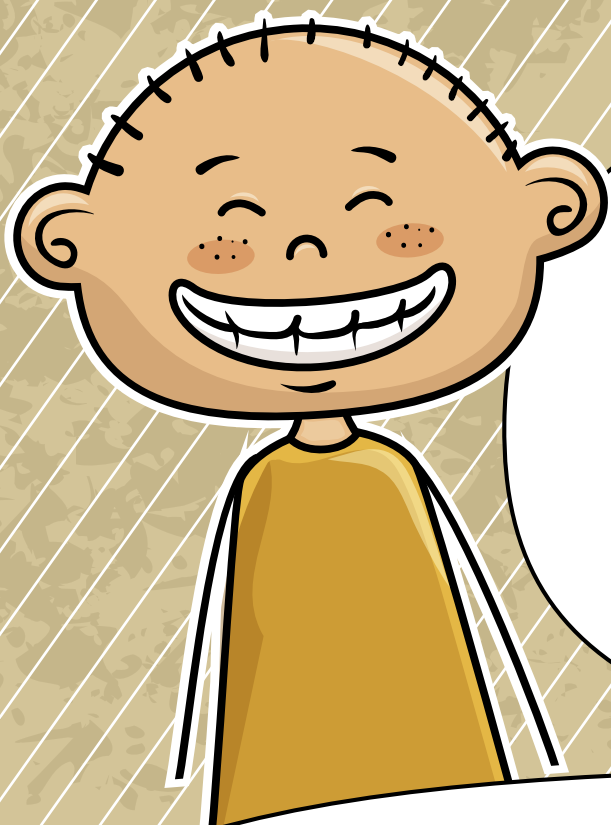
OUR SCHOOL LUNCH MENU 2023



**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
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FRESH MILK
from Graham's Dairy in Nairn

FREE RANGE EGGS
from Brackla 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 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.

