

OUR

SCHOOL LUNCH MENU

2021



Week 1

V is for vegetarian
VV is for vegan

	Monday	Tuesday	Wednesday	Thursday	Friday
Green Choice	Cheese and tomato pizza (V)	Breaded chicken goujons	Macaroni cheese (V)	Roast pork with apple sauce	Bubble fish
Yellow Choice	Chicken curry or vegetable and lentil curry (V)	Steak mince with vegetables or lentil vegetable casserole (VV)	Falafel slice (VV)	Ham and cheese melt baguette	Chicken sausages or vegetarian sausages (V) with gravy
Orange Choice	Fish pie topped with potatoes	Jacket potato with baked beans and cheese (V)	Spring roll (VV)	Vegetable meatballs in tomato sauce (V)	Vegetable fajitas (VV)
Soup / Puddings	Mixed long grain rice Potato wedges	Potatoes Pasta twirls	Potatoes Garlic bread	Potatoes Spaghetti	Potatoes Pasta twirls
	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables	Salad selection Seasonal vegetables
	Lentil soup (VV) Selection of fresh fruit served with optional natural yoghurt	Vegetable soup (VV) Oatie biscuit served with fruit salad Selection of fresh fruit served with optional natural yoghurt	Potato soup (VV) Selection of fresh fruit served with optional natural yoghurt	Chicken and rice soup Selection of fresh fruit served with optional natural yoghurt	Tomato soup (VV) Gingerbread sponge with mandarins Selection of fresh fruit served with optional natural yoghurt

Week 2

V is for vegetarian
VV is for vegan

	Monday	Tuesday	Wednesday	Thursday	Friday
Green Choice	Beef casserole	Tomato pasta (V)	Chicken pie	Butcher beef burger in a roll or vegetarian burger in a roll (V)	Roast chicken and gravy
Yellow Choice	Fish fingers	Potato and vegetable cakes (VV)	Vegetable chow mein (V)	Salmon and sweet potato fishcake	Vegetable lasagne (V)
Orange Choice	Potato and baked bean pie (V)	Jacket potato with cheese (V)	Tuna mayonnaise wrap	Cheesy vegetable pasta (V)	Savoury vegetable rice (VV)
Soup / Puddings	Potatoes Pasta twirls Salad selection Seasonal vegetables Yellow split pea soup (VV) Cornflake biscuit served with fruit salad Selection of fresh fruit served with optional natural yoghurt	Wholemeal roll Pasta twirls Salad selection Seasonal vegetables Carrot and potato soup (VV) Selection of fresh fruit served with optional natural yoghurt	Potatoes Salad selection Seasonal vegetables Cream of lentil soup (V) Plain muffin served with peaches Selection of fresh fruit served with optional natural yoghurt	Potatoes Chips Salad selection Seasonal vegetables Chicken noodle soup Selection of fresh fruit served with optional natural yoghurt	Potatoes Wholemeal roll Salad selection Seasonal vegetables Scotch broth (VV) Chocolate sponge served with pears Selection of fresh fruit served with optional natural yoghurt

Week 3

V is for vegetarian
VV is for vegan

	Monday	Tuesday	Wednesday	Thursday	Friday
Green Choice	Breaded haddock	Beef bolognaisse or vegetable bolognaisse (VV)	Butcher sausage in a roll or vegetarian sausage in a roll (V)	Macaroni cheese (V)	Steak pie
Yellow Choice	Falafel slice (VV)	Breaded chicken goujons	Salmon kedgereee	Vegetable meatballs in gravy (V)	Chicken curry or vegetable and lentil curry (VV)
Orange Choice	Chicken and broccoli noodles	Cheese and pineapple wrap (V)	Vegetable chilli (VV)	Vegetable hotpot (VV)	Spring roll (VV)
Soup / Puddings	Potatoes Wholemeal roll Salad selection Seasonal vegetables Lentil soup (VV) Spiced bun served with fruit salad Selection of fresh fruit served with optional natural yoghurt	Potatoes Spaghetti Salad selection Seasonal vegetables Tomato soup (VV) Shortbread served with fruit salad Selection of fresh fruit served with optional natural yoghurt	Potato wedges Long grain rice Salad selection Seasonal vegetables Vegetable soup (V) Selection of fresh fruit served with optional natural yoghurt	Potatoes Garlic bread Salad selection Seasonal vegetables Potato soup Selection of fresh fruit served with optional natural yoghurt	Potatoes Long grain rice Salad selection Seasonal vegetables Chicken and pasta soup Lemon sponge served with mandarins Selection of fresh fruit served with optional natural yoghurt

Week 4

V is for vegetarian
VV is for vegan

	Monday	Tuesday	Wednesday	Thursday	Friday
Green Choice	Spaghetti marinara (VV)	Cajun chicken meatloaf	Chicken and vegetable fricassee	Sausage roll or vegetarian sausage roll (V)	Roast beef and gravy
Yellow Choice	Potato and vegetable cakes (VV)	Salmon fish fingers	Homemade vegetable pizza (V)	Cottage pie	Breaded fish goujons
Orange Choice	Jacket potato with baked beans (V)	Cheese and red pepper wrap (V)	Bean and vegetable casserole (V)	Mexican rice (V)	Vegetable pasta bake (V)
Soup / Puddings	Wholemeal roll Pasta twirls Salad selection Seasonal vegetables Yellow split pea soup (VV) Fruit salad served with flapjack Selection of fresh fruit served with optional natural yoghurt	Potatoes Potato wedges Salad selection Seasonal vegetables Lentil and tomato soup (VV) Selection of fresh fruit served with optional natural yoghurt	Potatoes Long grain rice Salad selection Seasonal vegetables Chicken noodle soup (V) Vanilla ice cream served with fruit salad Selection of fresh fruit served with optional natural yoghurt	Potatoes Wholemeal roll Salad selection Seasonal vegetables Scotch broth (VV) Selection of fresh fruit served with optional natural yoghurt	Potatoes Pasta twirls Salad selection Seasonal vegetables Cream of carrot soup (VV) Plain muffin served with peaches Selection of fresh fruit served with optional natural yoghurt

Special diets

Make the head teacher aware of any allergies or intolerances your child has when they start school. We can arrange to have a meeting with you to discuss meal options. We will always try to accommodate all types of special diets in our school meals, including gluten free, dairy free, etc.

How much do school meals cost?

All children are eligible for free school meals until they reach P4. Meals from P1-P3 are available automatically. From P4, school meals can be purchased online and from the school.

P1-3	Free
P4-7	£2.30

Ipay system

When you register with Ipay you can check the account balance, see what meal choices they have made, see a full payment history. You will also be able to see any messages the school has added.

If you haven't already registered please contact your schools administrator to give you further information and the link required for your child.

If you think you might be entitled to Free School Meals please click link below: http://www.moray.gov.uk/moray_standard/page_55486.html





Check out our video on YouTube:
<https://youtu.be/-L0bBhvV16U>



fresh milk

from Graham's Dairy in Nairn



free range eggs

from Allarburn in Elgin



seasonal vegetables

from Swansons Fruit & Veg in Elgin



quality meat

from Fraser Brothers Butchers in Forres

