

# WEEK 1

18/04/2022  
16/05/2022  
13/06/2022  
15/08/2022  
12/09/2022  
24/10/2022  
21/11/2022  
19/12/2022  
30/01/2023  
27/02/2023  
27/03/2023

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 mayo roll Mini pizza finger Salad	Ham sandwich Pasta salad Salad	Egg mayo sandwich Rice salad Salad	Chicken mayo sandwich Mini vegetable sausage Salad	Cheese wrap Mini spring roll Salad
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 upside down cake with 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

25/04/2022  
23/05/2022  
20/06/2022  
22/08/2022  
19/09/2022  
31/10/2022  
28/11/2022  
09/01/2023  
06/02/2023  
06/03/2023

Key  
Vegetarian   
Vegan

	Monday	Tuesday	Wednesday	Thursday	Friday
Green	Butchers beef burger in a wholemeal roll	Fish fingers	Chicken pie	Chicken sausage 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	Baked diced potato Salad selection 2 Seasonal vegetables	Potato Salad selection 2 Seasonal vegetables
Orange	Egg Salad Sandwich Cheese and Herb Biscuit Salad	Chicken Mayo Wrap Mini Scone Salad	Ham Roll Vegetable Sticks Salad	Cheese Sandwich Pasta Salad Salad	Tuna Mayo Sandwich Savoury Rice Salad
Soup / Pudding	Chicken and rice soup  Selection of fresh fruit with optional natural yoghurt	Lentil soup  Plain muffin with fruit  Selection of fresh fruit with optional natural yoghurt	Yellow split pea soup  Chocolate sponge with mandarins  Selection of fresh fruit with optional natural yoghurt	Carrot and potato soup  Rice pudding with peaches  Selection of fresh fruit with optional natural yoghurt	Vegetable soup  Selection of fresh fruit with optional natural yoghurt

# WEEK 3

02/05/2022  
30/05/2022  
27/06/2022  
29/08/2022  
26/09/2022  
07/11/2022  
05/12/2022  
16/01/2023  
13/02/2023  
13/03/2023

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	Savoury 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 Mini vegi sausage Salad	Ham sandwich Mini spring roll Salad	Egg mayo wrap Rice salad Salad	Chicken slice roll Mini sausage roll Salad	Tuna mayo sandwich Pasta Salad Salad
Soup / Pudding	Vegetable soup  Lemon sponge and custard  Selection of fresh fruit with optional natural yoghurt	Chicken and sweetcorn soup  Selection of fresh fruit with optional natural yoghurt	Tomato soup  Cornflake biscuit with fruit salad  Selection of fresh fruit with optional natural yoghurt	Lentil soup  Selection of fresh fruit with optional natural yoghurt	Potato and Leek soup  Ginger sponge with custard and fresh fruit  Selection of fresh fruit with optional natural yoghurt

# WEEK 4

09/05/2022  
06/06/2022  
05/09/2022  
03/10/2022  
14/11/2022  
12/12/2022  
23/01/2023  
20/02/2023  
20/03/2023

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	Ham and cheese melt baguette	Tuna pasta	Jacket potato with baked Beans	Vegetable chow mein	Beef and baked bean hotpot
	Baked diced potatoes 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	Chicken salad sandwich Vegetable sticks Salad	Egg salad roll Mini plain scone Salad	Ham sandwich Mini vegi sausage Salad	Tuna mayo sandwich Pasta salad Salad	Cheese and red pepper wrap Rice salad Salad
Soup / Pudding	Carrot and potato soup  Selection of fresh fruit with optional natural yoghurt	Yellow split pea soup  Apple and berry crumble with custard and fresh fruit  Selection of fresh fruit with optional natural yoghurt	Chicken noodle soup  Selection of fresh fruit with optional natural yoghurt	Lentil soup  Chocolate cornflakes with fruit  Selection of fresh fruit with optional natural yoghurt	Potato soup  Shortbread and fruit  Selection of fresh fruit with optional natural yoghurt

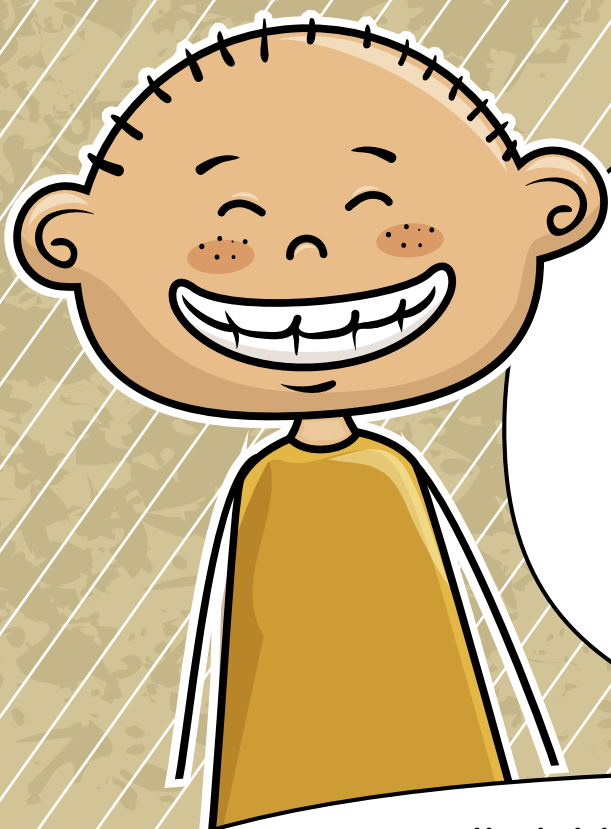


# OUR SCHOOL LUNCH MENU 2022

FRESHLY PREPARED  
IN OUR SCHOOL

## OUR MENU RUNS ON A FOUR WEEK CYCLE

Week 1	Week 2	Week 3	Week 4
18/04/2022	25/04/2022	02/05/2022	09/05/2022
16/05/2022	23/05/2022	30/05/2022	06/06/2022
13/06/2022	20/06/2022	27/06/2022	
15/08/2022	22/08/2022	29/08/2022	05/09/2022
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19/12/2022	09/01/2023	16/01/2023	23/01/2023
30/01/2023	06/02/2023	13/02/2023	20/02/2023
27/02/2023	06/03/2023	13/03/2023	20/03/2023
27/03/2023			



**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 £2.30.

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.

[WWW.MORAY.GOV.UK](http://WWW.MORAY.GOV.UK)

