



Ministry
of Defence

Secretariat
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9 December 2024

Ref. FOI 2024/22376

Dear [REDACTED],

Thank you for your email of 18 November 2024 requesting the following information:

"Please send me some examples of meals that are provided at RAF Lossiemouth on any given week.

Please provide examples of starters, mains and desserts (if applicable) and examples of breakfast, lunch, dinner and supper (if applicable).

Please also provide what your policy is on dietary requirements.

For example, do people receiving your meals have to proactively state that they are vegan/require halal or kosher meals to receive them, or are these listed as options on a continued basis?

Finally, please tell me the cost to provide a typical meal,"

I am treating your correspondence as a request for information under the Freedom of Information Act 2000 (FOIA).

A search for the information has now been completed within the Ministry of Defence (MOD) and I can confirm that all the information in scope of your request is held and can be found below and at Annex A:

1. *Please send me some examples of meals that are provided at RAF Lossiemouth on any given week.*

Please provide examples of starters, mains and desserts (if applicable) and examples of breakfast, lunch, dinner and supper (if applicable).

There are hundreds of items and dishes on the menu cycle. Examples of meals provided at RAF Lossiemouth on any given week, can be found at Annex A.

Under Section 16 of the FOIA (Advice and Assistance), you may find it helpful to know that menus vary on a daily, weekly, and seasonal basis, and may also change after local engagement at site level.

Working with the supplier, sites can request and change items and adjust menus to suit local wants and needs. For example, from specialist medical/religious requests to preferences such as square sausages and haggis.

2. *Please also provide what your policy is on dietary requirements.*

For example, do people receiving your meals have to proactively state that they are vegan/require halal or kosher meals to receive them, or are these listed as options on a continued basis?

The Defence Catering Manual JSP 456 Volumes 1-4 outlines and provides guidance on the MOD standards. The MOD's dining offer aims to cater to all personnel irrespective of gender, race, religious belief, and committed lifestyle choices. The offer includes nutritious and healthy foods that cater to diversity whilst adhering to Military Dietary Reference Values (MDRV) and Military Performance Choice (MPC) standards. The dining offer must provide meals that meet energy and nutrient requirements based on the physical activity levels of the personnel's roles.

The MOD takes religious dietary restrictions seriously and makes every effort to accommodate the diverse needs of its personnel. Below are some key points:

Kosher and Halal Meals: The MOD provides Kosher and Halal meals in Mess facilities. These meals can be arranged by speaking to the relevant Mess and Catering Manager at each site.

Vegetarian and Other Special Diets: Vegetarian options are available, and the MOD aims to cater to other special dietary requirements. This includes providing meals that adhere to specific religious practices, such as avoiding pork for Muslims and Hindus, and ensuring that food is prepared in accordance with religious laws.

Under Section 16 of the FOIA (Advice and Assistance), you may find it helpful to know that when people have specialist dietary needs, the onus is always on the individual to state their preferences. Allergens must be displayed by law. Most settings will signpost vegetarian/vegan suitable meals but there is no requirement to display religious dietary needs. This information is available on request.

3. *Finally, please tell me the cost to provide a typical meal*

The cost of a typical meal can be found below:

Meal items are priced individually, and each person can tailor their meal and costs according to their wants and needs. Meals costs range from:

Soups from	£0.23	-	£0.73
Breakfast Items from	£0.15	-	£2.70
Main Courses from	£0.63	-	£3.10

If you have any queries regarding the content of this letter, please contact this office in the first instance.

If you wish to complain about the handling of your request, or the content of this response, you can request an independent internal review by contacting the Information Rights Compliance team, Ground Floor, MOD Main Building, Whitehall, SW1A 2HB (e-mail CIO-FOI).

IR@mod.gov.uk). Please note that any request for an internal review should be made in writing within 40 working days of the date of this response.

If you remain dissatisfied following an internal review, you may raise your complaint directly to the Information Commissioner under the provisions of Section 50 of the Freedom of Information Act. Please note that the Information Commissioner will not normally investigate your case until the MOD internal review process has been completed. The Information Commissioner can be contacted at: Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. Further details of the role and powers of the Information Commissioner can be found on the Commissioner's website at <https://ico.org.uk/>.

Yours sincerely

DIO Secretariat

Breakfast items	Lunch Items	Starters	Mains	Deserts	Other
Bacon Premium Sausage Black Pudding Egg Tomatoes Sautéed Mushrooms Quorn Sausage Lorne Sausage Hash Brown Baked Beans Potato Scones Haggis Smashed Avocado Toast with Poached Eggs Pancakes, Berries, Bacon, Maple Syrup Eggs benedict Porridge Toast Cereal Overnight Oats	Omelettes Chicken & Mushroom Pie Cottage Pie Pasta Bake Pollock Fillet & Raita Vegan Provencal Bake Piri Piri Chicken Cajun Chicken Tandoori Chicken Spicy Bhaji Fritta Vegetarian Tuscan Casserole Quorn Sausage and Chickpea Tagine Beef Stew & Dumplings	French Onion Soup Scotch Broth (Lamb) Soup Accompaniments Broccoli Soup Butternut Squash & Parsnip Soup Carrot & Coriander Soup Cream of Cauliflower Soup Curried Red Pepper Soup Half Malted Wheat Baguette Half White Baguette Leek & Potato Soup Red Lentil Soup Spiced Parsnip Soup	Béarnaise Sauce Caesar Salad Bowl Creamy Peppercorn Sauce Grilled Minute Steak Grilled Rump Steak Grilled Pork Loin Chop Mustard & Stout Rabbit Sauce Chimichurri Sauce Corn on the Cob Grilled Chicken Breast Grilled Salmon Fillet Grilled Tuna Loin Steak Herby Dressed Peas & Leeks Mixed House Salad Bowl Mashed Potato Beer Battered Onion Rings Grilled Cumberland Sausage Ring Roast Turkey Breast Honey Roast Gammon Roast Pork Lion and Apple Sauce Roast Lamb Leg and Mint Sauce Roast Chicken Leg Roast Beef Sage & Onion Stuffing Roast Potatoes Minted New Potatoes Braised Red Cabbage Cauliflower Cheese Honey Glazed Carrots Sautéed Savoy Cabbage Swede and Carrot Mash	Banana Mousse Pot Chocolate Mousse Pot Forest Berry, Yoghurt & Granola Pot Strawberry Mousse Pot Banana Blueberry Greek Yoghurt Pot Fruit Salad Pot Honey Greek Yoghurt Pot Large Orange Mixed Fruit Yogurts Mixed Melon Pot On The Vine Black Grape Pot On The Vine Green Grape Pot Pears Pineapple Chunk Pot Seasonal Green Apple Seasonal Red Apple Biscoff Cheesecake Pot Black Cherry Cheesecake Pot Blueberry Cheesecake Pot Chocolate Cheesecake Pot Forest Fruits Cheesecake Pot Lemon Cheesecake Pot Raspberry Cheesecake Pot Salted Caramel Cheesecake Pot Strawberry Cheesecake Pot Toffee Cheesecake Pot	WRAP 'N' ROLL - Crispy Chicken Wrap COSY GRUB - 'Its Not Chicken' Wrap (VEGAN) GRILLED CHEESE - Smoky Pork Melt GRILLED CHEESE - Tuna & Cheddar HOT SANDO - Beef Sloppy Joos HOT SANDO - Fish Finger Malted Bloomer HOT SANDO - Grilled Steak & Onion Ciabatta Louisiana Chicken Wings & Sour Cream PANINI - Pesto Roasted Vegetable Melt PANINI - Sweet Chilli Chicken (Halal) PANINI - Tuna