Week commencing 22nd August, 18th September, 30th October, 27th November, 2023 (8th January 2024)

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| **WEEK1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Option one** | Spaghetti Bolognese | Orkney mild chicken curry served with rice and naan bread | BBQ pulled pork served in a roll with Mediterranean style cous cous | Fish and chips, peas, and seasonal vegetables (ketchup available) | Toad in the hole served with gravy, tatties, seasonal vegetables |
| **Information** | **Our Bolognese is boosted with hidden vegetables** | **Chicken can be served plain** | **Pork can be served plain** | **Fantastic Orkney fish from Orkney Fisherman’s Society** | **Sausages can be served separately** |
| **Option two** | Roasted vegetable and bean pasta with seasonal vegetables | Homemade chickpea curry served with rice and naan bread. | Cheese and tomato pizza with cous cous, seasonal salad | Fishless fingers with chips, peas. | Quorn sausage toad in the hole served with gravy, tatties, seasonal vegetables |
| **Information** | **All meals are served with a salad bar and Whole meal bread** | **Chickpeas are a fantastic source of protein** | **All meals are served with a salad bar and Whole meal bread** | **All meals are served with a salad bar and Whole meal bread** | **All meals are served with a salad bar and Whole meal bread** |
| **Option three** | Homemade soup of the day.  Ham baguette | Homemade soup of the day. Orkney cheese roll | Homemade soup of the day. Baked tattie with Orkney mince | Homemade soup of the day served, poached salmon salad | Homemade soup of the day. Chicken mayonnaise wrap |
| **Information** | **Sandwiches, rolls, wraps, baguettes come with soup and yoghurt / pudding** | **Sandwiches, rolls, wraps, baguettes come with soup and yoghurt / pudding** | **We always try and source Orkney tatties** | **You can have ham or cheese or both today** | **Sandwiches, rolls, wraps, baguettes come with soup and yoghurt / pudding** |
| **Pudding** | Golden acre yoghurt (various) or chocolate brownie | Golden acre yoghurt (various) | Golden acre yoghurt (various) | Golden acre yoghurt (various) | Golden acre yoghurt (various) or Ice cream |
| **Information** | **We make this brownie using veg power and reduced sugar** | **A great source of calcium and less than 10g sugar** | **Various flavors to choose from** | **A great form of calcium with a freshly made low sugar berry sauce** | **Packed full of calcium** |
| **Fruit** | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding |
| **Medical Diet - if you have any medically certified dietary requirements, please contact the Head cook or School Admin** | | | | | |

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  Description automatically generatedAll pupils can opt for Homemade soup instead of a pudding on any day
* Each plate will be served with the correct portion according to primary standards, plates will also contain all vegetables and carbs as specified on the menu.
* A seasonal salad bar is available to all pupils as well fruit even if they have pudding

Week commencing 28th August 25th September 6th November 4th December 2023 (15th January 2024)

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Option one** | Orkney salmon and broccoli pasta | Sticky honey chicken with vegetable rice | Orkney mince and tatties | Roast chicken with roast potatoes gravy | BBQ sausages with rice |
| **Information** | **All main courses come with 2 seasonal vegetables** | **All main courses come with two seasonal vegetables** | **All main courses come with two seasonal vegetables** | **Chicken can be served plain** | **Sausages can be served plain** |
| **Option two** | Macaroni cheese | Singapore stir-fry vegetables and noodles | Vegetarian mince and tatties | Roasted Quorn fillet with gravy and roast potatoes | Hunters style vegetarian fillet with vegetable rice d |
| **Information** | **We use Orkney cheddar** | **Our vegetables come from JW Gray ltd in Orkney** | **Wilson’s help us to source our Quorn mince** | **Fillet can be plain if required** | **Fillet can be plain if required** |
| **Option three** | Homemade soup of the day. Egg mayonnaise sandwich | Homemade soup of the day. Cheese roll | Homemade soup of the day with a baked tattie topped with slow cooked pork casserole pork | Homemade soup of the day. Tuna mayonnaise sandwich | Homemade soup of the day. Ham and cheese baked tattie |
| **Information** | **Sandwiches, rolls, wraps, baguettes come with soup and yoghurt / pudding** | **Sandwiches, rolls, wraps, baguettes come with soup and yoghurt / pudding** | **We always try and source Orkney tatties** | **Dolphin friendly and MSC certified** | **You can have ham or cheese or both today** |
| **Pudding** | Golden acre yoghurt (various) or homemade apple crumble | Golden acre yoghurt (various) | Golden acre yoghurt (various) or homemade fruit flapjack | Golden acre yoghurt | Golden acre yoghurt (various) |
| **Information** |  |  |  |  |  |
| **Fruit** | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding |
| **Medical Diet - if you have any medically certified dietary requirements, please contact the Head cook or School Admin** | | | | | |

* All the meat we serve is responsibly sourced, we only use high welfare meats from Scotland and Orkney where at all possible
* All eggs used in school meals are free range and where possible sourced from Orkney
* Salad is always available for all pupils eating school dinner
* Each plate will be served with the correct portion according to primary standards, plates will also contain all vegetables and carbs as specified on the menu.

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Weeks commencing 3rd September 2nd October 13th November 11th December 2023 (22nd January 2024)

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Option one** | Sausage roll,with seasonal vegetables and baked beans | lasagna | Homemade chicken goujons, chips | Sweet and sour pork, savory rice | Orkney Breaded / battered haddock, potato wedges, peas |
| **Information** | **From Williamson's butchers** | **Made with Orkney beef** | **Homemade and not processed** | **Pork can be served plain** | **Fish from Orkney fisherman’s society** |
| **Option two** | Cheese and tomato pastry | Vegetable lasagna | Fishless fingers, chips, and peas | Lentil and vegetable hotpot with savory rice | Homemade cheese and onion quiche |
| **Information** | **All main courses come with 2 seasonal vegetables** | **With lentil power** | **Main courses come with 2 seasonal vegetables** | **Packed full of goodness** | **With free range eggs and Orkney cheddar** |
| **Option three** | Homemade soup of the day. egg mayonnaise | Homemade soup of the day. ham baguette | Homemade soup of the day. Baked tattie with sliced sausage and beans | Homemade soup of the day. Ham sandwich | Homemade soup of the day. Orkney cheese roll |
| **Information** | **With free range eggs** | **Sandwiches, rolls, wraps, baguettes come with soup and yoghurt / pudding** | **Dolphin friendly and MSC approved** | **Tatties are from Orkney whenever possible** | **Add salad from our salad bar to your roll** |
| **Pudding** | Golden acre yoghurt (various) | Golden acre yoghurt (various) or banana custard | Golden acre yoghurt (various) or homemade chocolate shortbread | Golden acre yoghurt (various) or Angel delight | Golden acre yoghurt (various) |
|  |  |  | **made using Beremeal** |  |  |
| **Fruit** | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding |
| **Medical Diet - if you have any medically certified dietary requirements, please contact the Head cook or School Admin** | | | | | |

* Please check your allergen sheet also attached for details of any allergens contained within our primary meals
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  Description automatically generatedAll meals are served with the carb option of the day and two vegetables as well as a salad bar offering
* Each plate will be served with the correct portion according to primary standards, plates will also contain all vegetables and carbs as specified on the menu.

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Description automatically generatedWeek commencing 11th September 9th October 20th November 18th December 2023 (29th January 2024)

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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Option one** | Chicken fajitas wrap vegetable cous cous | Ham burger in a roll, potato wedges | Italian chicken pasta | Roast beef and Yorkshire pudding, roast potatoes | Fish goujons with chips, peas |
| **Information** | **Can be served plain if needed** | **From Williamson’s butchers** | **Red tractor chicken breast** | **Tatties are from Orkney whenever possible** | **Orkney fish certified by MSC (Marine Stewardship council)** |
| **Option two** | Coronation chickpea wrap vegetable cous cous | lentil patty, potato wedges | Tomato pasta bake | Cheese and lentil roast, Yorkshire pudding, roast potatoes | Broccoli and sweetcorn quiche |
| **Information** | **Very mild, but full of flavour** | **Homemade** | **Full of vegetable goodness** | **All homemade** | **Made with free range eggs and Orkney cheddar** |
| **Option three** | Homemade soup of the day, baked tattie with cheese and / or baked beans | Homemade soup of the day, Ham roll | Homemade soup of the day Turkey sandwich | Homemade soup of the day Baked tattie with Orkney mince | Homemade soup of the day. Chicken and mayonnaise baguette |
| **Information** | **Orkney Cheddar** | **Sandwiches, rolls, wraps, baguettes come with soup and yoghurt / pudding** | **Red tractor Turkey breast** | **Williamson's ham and Orkney cheddar** | **Red tractor chicken breast** |
| **Pudding** | Golden acre yoghurt (various) | Golden acre yoghurt (various) or homemade custard cream | Golden acre yoghurt (various) or Apple and Oat pudding | Golden acre yoghurt (various) or Fresh fruit jelly | Golden acre yoghurt (various) |
|  |  |  |  | made with vegetarian jelly |  |
| **Fruit** | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding | Always available for all pupils additional to pudding |
| **Medical Diet - if you have any medically certified dietary requirements, please contact the Head cook or School Admin** | | | | | |

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  Description automatically generatedEach plate will be served with the correct portion according to primary standards, plates will also contain all vegetables and carbs as specified on the menu.