

Week 1

AUGUST 15, SEPTEMBER 12, OCTOBER 25, NOVEMBER 21, DECEMBER 19

Soup	Main Courses	Pasta	Vegetables	Pudding
lentil	chicken fajita wrap (D) fish curry (F) BBQ falafel wrap (D)	Tatties rice	Coleslaw (D,M,E) green beans	chocolate brownie (G,E) or yogurt/fruit (D)
Lentil Or Tomato (D)	pork sausages (G) lamb tagine quorn sausages (E)	tatties	Carrots beans	Tapioca & fruit or yogurt/fruit (D)
Lentil Or yellow split pea	roast chicken & stuffing (G) chunky Cullen skink (G,F,D) bean casserole	tatties crusty bread (G)	green cabbage mixed veg	fruit steamed sponge (G,E) or shortbread (G) or yogurt/fruit (D)
tattie & leek	beef lasagne (G,D,E) cheese & tomato pizza (G,D) lentil lasagne (G,D)	chips garlic bread (G,D)	sweetcorn broccoli	banoffee sponge (D,G,E) or yogurt/fruit
vegetable	breaded fish (F,G) pasta pots (D,G)	baked wedges	beans	Ice-cream (D) & peaches or yogurt/fruit (D)

Week 2

AUGUST 22, SEPTEMBER 19, OCTOBER 31, NOVEMBER 28

Soup	Main Courses	Pasta	Vegetables	Pudding
lentil & tomato	Mexican pork and bean Enchiladas (D,G) beef goulash cowboy beans	Tatties rice	Coleslaw (D,M,E) green beans	apple crumble or yogurt/fruit
chicken & rice)	chicken pasta salmon fish cake Macaroni cheese	mashed tatties	sweetcorn peas	rice & raisins (D) or yogurt/fruit (D)
tomato & basil	steak pie (G,E) lamb madras plant based chicken pie (G,E) stew	tatties rice	green cabbage baby carrots	chocolate apple cake (D,E) or yogurt/fruit (D)
sweet potato and coconut	chicken curry seafood pancake (F,CR,D,E) vegetable burger with mayo	chips	peas mixed veg	lemon drizzle (G,E) or yogurt/fruit (D)
vegetable	cheese & tomato pizza (D,G) chunky veg stew	baked wedges	beans	fruit jelly or yogurt/fruit (D)

Week 3
AUGUST 29, SEPTEMBER 26, NOVEMBER 7, DECEMBER 5

Soup	Main Courses	Pasta	Vegetables	Pudding
Lentil	pasta carbonara (D,G) Irish lamb stew tomato pasta with veg (G)	Tatties rice	sweetcorn broccoli	syrup sponge (E,G) or yogurt/fruit (D)
mulligatawny (mild chicken curry soup)	chicken goujons (G) baked salmon with lemon pasta (F,D,G) spicy lentil & bean pattie	mashed tatties	Coleslaw (E,M,D) peas	semolina (G) & fruit or yogurt/fruit (D)
broccoli & stilton (D)	roast of the day BBQ pork chop chickpea fritters (G)	tatties rice	green cabbage baby carrots	melting moments (G,E) or yogurt/fruit
carrot & parsnip	Haddock (G,F) chicken fried rice (G) cheese & onion quiche (D,G,E)	chips	peas beans	carrot cake (G,E,D) or yogurt/fruit (D)
vegetable	turkey chilli con carne plant based chicken stir fry	baked wedges	beans	custard cream (G,D) or yogurt/fruit

Week 4

SEPTEMBER 5, OCTOBER 3, NOVEMBER 14, DECEMBER 12

Soup	Main Courses	Pasta	Vegetables	Pudding
lentil & tomato	mince & Yorkie (D,E) pork and pineapple curry quorn mince (E)	Tatties rice	sweetcorn broccoli	Flapjack (G) or yogurt (D)
Lentil Or chicken & rice	chicken casserole fish pie (D,F) vegetable burrito (G)	tatties	cauliflower peas	jelly & icecream (D) or yogurt (D)
Lentil or tomato & basil (D)	meatloaf in tomato sauce pork stroganoff tomato pasta bake topped with cheese (G,D)	tatties rice	sweetcorn baby carrots	sticky toffee (G,E,D0) or yogurt (D)
Lentil Or chicken noodle (SS,SY,E,G)	sausage roll (G,E) smoked haddock with white sauce (F,D,G) cheese & onion pin wheel (D,G,E)	chips	Coleslaw (D,M,E) beans	fruit gingerbread (G,D,E) or yogurt
vegetable	Haddock (G,F) plant based chicken in gravy	baked wedges	beans	fruit salad or yogurt

KGS Restaurant

Monday to Friday : 08.20am - 08.45am

Monday to Friday : 10.20am - 10.40am

Monday to Thursday : 13.05pm - 13.45pm

Friday : 12.20pm - 12.45pm

BREAKFAST

	Pupils	Staff
Toast 1 slice	£0.25	£0.35
Flora Portion	£0.15	£0.15
Jam / Marmalade	£0.20	£0.20
Cereal and milk <i>from</i>	£0.90	£1.00
Bacon Roll / Turkey Bacon	£1.80	£2.25
Bere Bannock <i>with cheese or jam</i>	£0.75	£1.15

MAIN MEALS

	Pupils	Staff
Meat main course	£2.40	£5.25
Two course <i>meal deal</i>	£2.80	£6.80
Vegetarian main course	£2.40	£5.25
Two course <i>meal deal</i>	£2.80	£6.80
Baked tattie	£0.90	£1.50
Baked tattie <i>one filling</i>	£1.50	£2.50
Chips and beans	£1.80	£2.00
Noodle pot	£1.80	£2.65
Cheese portion	£0.60	£0.80
Salad mixes per portion <i>from</i>	£0.60	£0.80

SOMETHING SWEET

	Pupils	Staff
Orkney Ice cream	£1.50	£1.80
Fruit cup	£0.75	£1.40
Yoghurt <i>from</i>	£0.60	£0.60
Pudding	£1.25	£1.80

BEVERAGES

	Pupils	Staff
Milk—cup	£0.70	£0.70
Milk—jug	£1.40	£1.40
Tea	£0.70	£0.70
Coffee	£0.70	£0.70
Hot chocolate	£0.80	£0.80
Rubicon	£1.30	£1.30
Mac B	£1.00	£1.00
Water	£0.60	£0.60

QUICK BITES

	Pupils	Staff
Homemade soup and bread	£1.25	£1.80
Jumbo chicken sausage roll	£2.10	£2.50

BURGER BAR

	Pupils	Staff
Chicken burger	£2.10	£2.50
Beef burger	£2.10	£2.50
Cheese burger <i>sliced cheese</i>	£2.35	£2.75
Cheese burger <i>grated cheese pot</i>	£2.65	£3.00
Mince roll	£1.80	£2.30
Pizza	£1.60	£2.20
Chicken Sausage in a roll	£2.10	£2.50

SANDWICH BAR

	Pupils	Staff
Sandwich <i>BAND 1</i> <i>(Ham, Egg, Cheese, Tuna)</i>	£1.60	£2.40
Sandwich <i>BAND 2</i> <i>(Ham salad, Egg salad, Cheese salad, tuna salad)</i>	£1.70	£2.50
Sandwich <i>BAND 3 (chicken, Beef, Pork)</i>	£1.80	£2.60
Plain roll	£0.60	£0.70
Toasties <i>(2 slices of Bread)</i>	£1.80	£2.50
<i>Cold filled wrap</i>	£2.10	£2.50
<i>Hot filled wrap</i>	£2.10	£2.50
<i>Toasted wrap</i>	£2.10	£2.50
<i>Filled Bagel</i>	£2.10	£2.70
Panini— <i>half band 1</i>	£1.50	£2.15
Panini— <i>half band 2</i>	£1.70	£2.45
<i>Peedie pot</i>	£1.50	£1.95

SNACKING

	Pupils	Staff
Cream Crackers <i>twin pack</i>	£0.25	£0.25
Oat cakes <i>x3</i>	£0.25	£0.25
Garlic Bread	£0.40	£0.40
Potato waffle <i>(Large)</i>	£0.50	£0.50
Lentil waves	£0.65	£0.65
Cereal bars <i>from</i>	£0.70	£0.70
Vegetable spring roll	£0.80	£1.00



If you have an allergy, please ask a member of kitchen staff for guidance on what foods will be suitable for you