

WEEK1
BEGINNING FEBRUARY 14, MARCH 14, APRIL 25, MAY 23, JUNE 20

Soup	Main Courses	Pasta	Vegetables	Pudding
Lentil Or vegetable	Chicken fajita Salmon & potato bake BBQ falafel wrap	Tatties Tomato wrap	Sweetcorn peas	Banana with custard or Chocolate brownie
Lentil Or Tomato	Spaghetti bolognaise Irish stew Lentil bolognaise	Tatties, pasta	Carrots broccoli	Shortbread or Jam sponge
Lentil Or Yellow pes	Roast chicken Creamy fish pie Smoky bean casserole	Roast tatties	Carrots Green beans	Sliced water melon or Banoffee pie
Lentil Or Chicken & rice	Pork sausages mince & macaroni Quorn sausages	Tatties Chips	Beans Mixed veg	Ice cream Or Eton mess
Lentil	Haddock Vegetable burger	Baked wedges	Beans	Fruit cocktail

WEEK 2
WEEK BEGINNING FEBRUARY 21, MARCH 21, MAY 2, MAY 30, JUNE 27

Soup	Main Courses	Pasta	Vegetables	Pudding
Lentil Or Pea soup	Mince pie Lamb madras Quorn & veg pie	Tatties Rice	Broccoli Carrots	Fruity doodlebug Or Fruit crumble
Lentil Or Minestrone	Chicken pasta Salmon fishcake Chunky vegetable pasta	Tatties	Sweetcorn Peas	Berry cookie Or Steamed fruit sponge
Lentil Or Cream of Chicken	Pulled pork roll Beef lasagne Homemade Vegetable burger roll	tatties	Coleslaw Green beans	Fruit jelly Or Jam roly poly
Lentil Or Sweet potato	KGS Chicken curry Smoked haddock in white sauce Cowboy beans	Chips rice	Sweetcorn Mixed veg	Sliced honeydew melon Or semolina
Lentil	Macaroni cheese Pizza	Wedges	Beans	Fruit salad

**FEBRUARY
WEEK 3
WEEK BEGINNING FEBRUARY 28, MARCH 28, MAY 9, JUNE 6**

Soup	Main Courses	Pasta	Vegetables	Pudding
Lentil Or tattie & leek	sausage pasta bake chilli con carni veg pasta provencale	tatties rice	corn green beans	chocolate orange cake or yogurt
Lentil Or yellow split pea	southern fried chicken grilled salmon chickepea fritters	tatties	coleslaw peas	carrot cake or yogurt
Lentil Or cream of veg	roast beef & YP BBQ pork chop spiced lentil & bean pattie	tatties rice	Broccoli Mixed vegetables	sliced melon or cloutie dumpling
Lentil Or tomato & basil	breaded haddock chicken & veg stir fry plant based stir fry	chips noodles	peas beans	oaty fruit crunch or rice & raisins
Lentil	pizza macaroni cheese	Wedges	Beans	Fruit salad

WEEK 4
WEEK BEGINNING MARCH 7, APRIL 18, MAY 16, JUNE 13

Soup	Main Courses	Pasta	Vegetables	Pudding
Lentil Or Red pepper & tomato	cottage pie Lamb Rogan Josh wrap with mango & mint dip Herbie spaghetti	Tatties Yorkies	Green beans Neeps	Eves pudding Or yogurt
Lentil Or Chinese chicken	Sweet & sour chicken Fish fingers Sweet & sour quorn pieces	Tatties Rice	Sweetcorn Peas	Cornflake crunch Or yogurt
Lentil Or Sweet potato & coconut soup	Meatball in tomato sauce Gammon steak Quorn pieces in tomato sauce	Tatties pasta	Broccoli Mixed vegetables	sliced melon or cheesecake
Lentil Or carrot & orange	homemade sausage roll salmon tagliatelle cheese & onion pinwheels	chips	beans peas	peach cobbler or tapioca & fruit
Lentil	breaded haddock cheese fingers	Wedges	Beans	Fruit salad

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

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

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

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

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

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

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



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ISLANDS COUNCIL

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