

Week 1
WEEK BEGINNING JAN 9, FEB 6, MARCH 6

Soup	Main Courses	Pasta	Vegetables	Pudding
lentil or tomato & sweetcorn	mince & Yorkie (G/E/D) lamb Rogan Josh Quorn mince (E)	tatties rice	peas carrots	jam sponge (D/G/E) or yogurt/fruit (D)
lentil or sweet potato	sausage roll (G/E) Herbie haddock (G/F/) veggie sausage roll (G/E)	tatties	corn beans	caramel tart (G/D) or yogurt/fruit (D)
lentil or tattie & leek (SS)	roast pork & apple sauce cottage pie cheese & lentil roasts	tatties	broccoli mixed veg	chocolate sponge (G/D/E) or yogurt/fruit (D)
lentil or roasted red pepper	KGS chicken curry salmon tagliatelle (G/F/D) spinach & potato curry)	chips rice	green beans corn/diced carrots	Eton mess (E/D) or yogurt/fruit (D)
lentil	breaded haddock (F/G) chickpea burger (G)	wedges	beans	ice-cream (D) & coulis yogurt/fruit (D)

In brackets are the allergens

Week 2
WEEK BEGINNING JAN 16, FEB 13, MARCH 13

Soup	Main Courses	Pasta	Vegetables	Pudding
lentil or minestrone (G)	chicken Goujons (G) salmon fish cake (G/F/E) vegetable frittata (E)	tatties	peas coleslaw (D/E/M)	syrup sponge (D/G/E) or yogurt/fruit (D)
lentil or aromatic parsnip	spaghetti bolognese (G) lamb burger (G) Herbie spaghetti (G)	tatties Garlic bread (G/D)	corn broccoli	chocolate crunch (G/D) or yogurt/fruit (D)
lentil or tomato & veg	Roast chicken & stuffing (G) smoked haddock with tomato salsa (f) Quorn sausage casserole	tatties	red cabbage mixed veg	beetroot brownie (G/D/E) or yogurt/fruit (D)
lentil or chicken & rice	cheese & tomato pizza (G/D) gammon & pineapple chickpea burgers (G)	chips	baked beans	rice & raisins (D) or Angel delight (D)
lentil	pizza (G/D) cowboy beans	wedges	beans	shortbread (G) or yogurt/fruit (D)

In brackets are the allergens

Week 3
WEEK BEGINNING JAN 23, FEB 20, MARCH 20

Soup	Main Courses	Pasta	Vegetables	Pudding
lentil or cream of carrot (D)	mince pie (G/E) sweet & sour pork vegetarian pie (E/G)	tatties rice	peas cauliflower	eve's pudding (D/G/E) or yogurt/fruit (D)
lentil or farmhouse vegetable	chicken fajita (G) haddock in parsley sauce (G/F/D) vegetable fajita (G)	tatties wrap	corn mixed veg	semolina & fruit (G/D) or yogurt/fruit (D)
lentil or tomato & basil	Pork sausages (G) lamb madras Quorn sausage	tatties rice	beans baby carrots	sticky toffee pudding (G/D/E) or yogurt/fruit (D)
lentil or scotch broth (G)	battered haddock (F/G) chicken goulash cheese & tomato quiche (D/E/G)	chips rice	baked beans	flapjack (G) or yogurt/fruit (D)
lentil	cheesy pasta vegetable stew	wedges	beans	banana muffin(G/D/E) or yogurt/fruit (D)

In brackets are the allergens

Week 4
WEEK BEGINNING JAN 30, FEB 27, MARCH 27

Soup	Main Courses	Pasta	Vegetables	Pudding
lentil or carrot & coriander	chicken chow Mein (E/G/SY/SS) salmon filo parcel (G/F) Vegetable chow Mein (E/G/SY/SS)	tatties noodles	Green beans mixed veg	tapioca & fruit (D) or yogurt/fruit (D)
lentil or cock-a-leekie	pork meatloaf In tomato sauce (G) baked tatties with chilli & cheese (D) vegetable croquettes (G)	tatties	corn broccoli	miracle pudding (G/D/E) or yogurt/fruit (D)
lentil or butternut squash	chicken pie (G/E) kedgeriee (F/E) Quorn & veg pie (E/G)	tatties	peas neeps/ carrots	Apple crumble (G) or yogurt/fruit (D)
lentil or Chinese chicken & sweetcorn (SY/SS)	chip shop patty (E/G) beef burger roll (G) vegetable burger roll (G)	chips	baked beans	pear & ginger sponge (G/D/E) or yogurt/fruit (D)
lentil	breaded haddock (F/G) vegetable taco (G)	wedges	beans	custard cream(G) or yogurt/fruit (D)

In brackets are the allergens

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

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 BAND 1 <i>(Ham, Egg, Cheese, Tuna)</i>	£1.60	£2.40
Sandwich BAND 2 <i>(Ham salad, Egg salad, Cheese salad, Tuna salad)</i>	£1.70	£2.50
Sandwich BAND 3 <i>(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



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