

WEEK 1

WEEK BEGINNING OCTOBER 30, NOVEMBER 27

	soup	Main	Tatties/pasta/car b	Veg	pudding
MONDAY	SOUP OF THE DAY	SPAGHETTI BOLOGNAISE IRISH STEW ROASTED VEG IN A TOMATO SAUCE	TATTIES PASTA (G)	PEAS CARROTS	GOLDEN ACRE YOGURT (D) OR LEMON DRIZZLE (G/D/E)
TUESDAY	SOUP OF THE DAY	CHICKEN PIE (E/G) SMOKED HADDOCK (F) & POACHED EGG (E) VEGETABLE BURGER (G)	TATTIES RICE	CORN BROCCOLI	GOLDEN ACRE YOGURT (D) OR CHOCOLATE BEETROOT BROWNIE (G/D/E)
WEDNESDAY	SOUP OF THE DAY	BBQ PULLED PORK ROLL (G) SAUSAGE CASSEROLE WITH ONION GRAVY QUORN SAUSAGE WITH ONION GRAVY WITH YORKIES	TATTIES RICE	CARROTS CABBAGE	GOLDEN ACRE YOGURT(D) OR GINGERBREAD (G/D/E)
THURSDAY	SOUP OF THE DAY	KGS CHICKEN CURRY POACHED SALMON (F) SERVED ON A BED OF COUS COUS HOMEMADE CHICKPEA CURRY	CHIPS RICE NAAN (G)	GREEN BEANS MIXED VEG	GOLDEN ACRE YOGURT (D) OR ICE-CREAM(D) & BERRY SAUCE
FRIDAY	SOUP OF THE DAY	HADDOCK IN BATTER OR BREADCRUMBS (F/G/ PIZZA (D/G) VEG FINGERS (G)	WEDGES	BEANS PEAS	GOLDEN ACRE YOGURT (D) OR FRUIT

ALLERGENS IN BRACKETS () SOUP ALLERGENS ARE ON THE BOARD WITH WHICH STOCK IT CONTAINS

WEEK 2

WEEK BEGINNING NOVEMBER 6, DECEMBER 4

	soup	Main	Tatties/pasta/CARBS	veg	pudding
MONDAY	SOUP OF THE DAY	CHICKEN CHOW MEIN (SY/SS/G/E) SALMON(F)& BROCCOLI PASTA (G) SINGAPORE STIR-FRY AND NOODLES(SS/SY/G/E)	TATTIES RICE	PEAS/CORN CARROTS	GOLDEN ACRE YOGURT (D) OR APPLE CRUMBLE (G)
TUESDAY	SOUP OF THE DAY	ORKNEY MINCE &YORKIE (D/E/G) HOMEMADE MINTED LAMB BURGER(G/E)IN A ROLL(G) VEGETARIAN MINCE (E) & VEGGIE YORKIE	TATTIES	PEAS CAULIFLOWER	GOLDEN ACRE YOGURT(D) OR PEACH MELBA (D)
WEDNESDAY	SOUP OF THE DAY	ROAST CHICKEN & STUFFING (G) FISH CAKE (F) QUORN FILLET IN GRAVY WITH VEGETARIAN OATMEAL STUFFING (G)	TATTIES	MIXED VEG BROCCOLI	GOLDEN ACRE YOGURT(D) OR FRUIT FLAPJACK (G)
THURSDAY	SOUP OF THE DAY	CHIP SHOP PATTIE(G) BBQ SAUSAGES OR PLAIN (G) HUNTERS QUORN (E)	CHIPS RICE	BAKED BEANS GREEN BEANS	GOLDEN ACRE YOGURT (D) OR STEAMED JAM SPONGE (D/E/G)
FRIDAY	SOUP OF THE DAY	MACARONI CHEESE (D/G) SAUSAGE ROLL (G)	BAKED WEDGES	BEANS PEAS	GOLDEN ACRE YOGURT (D)

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WEEK 3

WEEK BEGINNING OCTOBER 2, NOVEMBER 13, DECEMBER 11

	soup	Main	Tatties/pasta/car b	Veg	pudding
MONDAY	SOUP OF THE DAY	SHEPHERD'S PIE PORK & PINEAPPLE CURRY LENTIL & VEG HOTPOT	TATTIES RICE	MIXED VEG BROCCOLI	GOLDEN ACRE YOGURT(D) OR TAPIOCA & PEACHES (G/D)
TUESDAY	SOUP OF THE DAY	SAUSAGE ROLL (D/E/G) SALMON (F) TAGLIATELLE (G) PIZZA PASTRY (G/D)	TATTIES	BAKED BEANS PEAS	GOLDEN ACRE YOGURT(D) OR HOMEMADE CHOCOLATE SHORTBREAD (G)
WEDNESDAY	SOUP OF THE DAY	BEEF LASAGNE(G/D) SWEET & SOUR PORK (SY) VEG LASAGNE	TATTIES GARLIC BREAD(G/D) RICE	SWEETCORN GREEN BEANS	GOLDEN ACRE YOGURT (D) OR STICKY TOFFEE PUDDING (G/D/E)
THURSDAY	SOUP OF THE DAY	BATTERED HADDOCK (F/D) CHICKEN PASTA (D/G) CHEESE & ONION QUICHE (G/E)	CHIPS	BEANS CARROTS	GOLDEN ACRE YOGURT(D) OR ANGEL DELIGHT (D)
FRIDAY	SOUP OF THE DAY	HOMEMADE CHICKEN NUGGETS (G) VEG FINGERS (G)	BAKED WEDGES	BEANS PEAS	BANANA CUSTARD (D)SERVED COLD OR GOLDEN ACRE YOGURT(D)

ALLERGENS IN BRACKETS () SOUP ALLERGENS ARE ON THE BOARD WITH WHICH STOCK IT CONTAINS

WEEK 4

WEEK BEGINNING OCTOBER 9, NOVEMBER 20, DECEMBER 18

	SOUP	MAIN	TATTIES/PASTA/CA RB	VEG	PUDDING
MONDAY	SOUP OF THE DAY	CHICKEN FAJITA (G) FISH CURRY (F) CORONATION CHICKPEA WRAP (D/G)	TATTIES WRAP (G) RICE	PEAS MIXED VEG	GOLDEN ACRE YOGURT(D) OR CHOCOLATE APPLE CAKE (G/D/E)
TUESDAY	SOUP OF THE DAY	ROAST BEEF & YORKIE (D/E/G) BBQ PORK CHOP CHEESE & LENTIL ROAST	TATTIES RICE	PEAS CARROTS	GOLDEN ACRE YOGURT(D) OR ROLY POLY (G/D)
WEDNESDAY	SOUP OF THE DAY	ITALIAN CHICKEN PASTA (G) HADDOCK(F) IN PARSLEY SAUCE(D/G) TOMATO PASTA BAKE(G/D)	TATTIES	CORN GREEN BEANS	GOLDEN ACRE YOGURT(D) OR CUSTARD CREAM (G)
THURSDAY	SOUP OF THE DAY	BEEF BURGER ROLL (G) LAMB MADRAS LENTIL BURGER ROLL (E/G)	CHIPS RICE	BAKED BEANS BROCCOL I	GOLDEN ACRE YOGURT(D) OR FRUIT JELLY (D/G)
FRIDAY	SOUP OF THE DAY	FISH GOUJONS (F/G) BROCCOLI & SWEETCORN QUICHE (G/E)	BAKED WEDGES	MIXED VEG SALAD	GOLDEN ACRE YOGURT(D) OR OAT SYLLUBUB

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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	£0.30	£0.40
Flora Portion	£0.15	£0.15
Jam / Marmalade	£0.25	£0.25
Cereal and milk <i>from</i>	£1.00	£1.10
Bacon Roll / Turkey Bacon	£2.00	£2.50
Bere Bannock <i>with cheese or jam</i>	£0.80	£1.25

MAIN MEALS

Meat main course	£2.65	£5.75
Two course <i>meal deal</i>	£3.10	£7.15
Vegetarian main course	£2.65	£5.75
Two course <i>meal deal</i>	£3.10	£7.15
Baked tattie	£1.00	£1.65
Baked tattie <i>one filling</i>	£1.65	£2.75
Chips and beans	£2.00	£2.20
Noodle pot	£2.00	£2.90
Cheese portion	£0.65	£0.90
Salad mixes per portion <i>from</i>	£0.65	£0.90

SOMETHING SWEET

Orkney Ice cream	£1.65	£2.00
Fruit cup	£0.85	£1.55
Yoghurt <i>from</i>	£0.65	£0.65
Pudding	£1.60	£1.80

BEVERAGES

Milk—cup	£0.80	£0.80
Milk—jug	£1.55	£1.55
Tea	£0.80	£0.80
Coffee	£0.80	£0.80
Hot chocolate	£0.90	£0.90
Rubicon	£1.30	£1.30
Mac B	£1.10	£1.10
Water	£0.70	£0.70

QUICK BITES

Homemade soup and bread	£1.40	£2.00
Jumbo chicken sausage roll	£2.20	£2.60

BURGER BAR

Chicken burger	£2.30	£2.75
Beef burger	£2.30	£2.75
Cheese burger <i>sliced cheese</i>	£2.50	£3.00
Cheese burger <i>grated cheese pot</i>	£2.80	£3.20
Mince roll	£2.00	£2.50
Pizza	£1.75	£2.40
Chicken Sausage in a roll	£2.30	£2.75

SANDWICH BAR

Sandwich <i>BAND 1</i> <i>(Ham, Egg, Cheese, Tuna)</i>	£1.75	£2.65
Sandwich <i>BAND 2</i> <i>(Ham salad, Egg salad, Cheese salad, tuna salad)</i>	£1.85	£2.75
Sandwich <i>BAND 3 (chicken, Beef, Pork)</i>	£2.00	£2.85
Plain roll	£0.65	£0.75
Toasties <i>(2 slices of Bread)</i>	£2.00	£2.75
<i>Cold filled wrap</i>	£2.30	£2.75
<i>Hot filled wrap</i>	£2.30	£2.75
<i>Toasted wrap</i>	£2.30	£2.75
<i>Filled Bagel</i>	£2.30	£2.95
Panini— <i>half band 1</i>	£1.65	£2.35
Panini— <i>half band 2</i>	£1.85	£2.70
<i>Peedie pot</i>	£1.65	£2.15

SNACKING

Cream Crackers <i>twin pack</i>	£0.30	£0.30
Oat cakes <i>x3</i>	£0.30	£0.30
Garlic Bread	£0.45	£0.45
Potato waffle <i>(Large)</i>	£0.55	£0.55
Lentil waves	£0.70	£0.70
Cereal bars <i>from</i>	£0.80	£0.80
Vegetable spring roll	£0.90	£1.10



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