

Week 1

W/B 16 August, 13 September, 25 October, 22 November, 20 December

Soup	Main	Tatties/pasta	Veg	Pudding
Leek & Tattie	Pork Sausages Chicken Parmigiana Quorn Sausages	Tatties Pasta	Spaghetti hoops Corn	Apple Crumble
Tomato	Chicken Fajita Honey Garlic Salmon Chickpea Fajita	Tatties	Green beans Mixed veg	Pancake & Berry Compote
Cream of Carrot	Roast Beef & Yorkie Pork Stir Fry Cheese & Lentil Roast	Tatties Noodles	Peas Red Cabbage	Trio of Melon
Vegetable	Cheese & Tomato Pizza Fishcakes Cheese Muffin	Tatties Chips	Beans Peas	Steamed Jam Sponge
Lentil	Pizza Macaroni	Wedges	Beans	Fruit Salad

Week 2

W/B 23 August, 20 September, 1 November, 29 November

Soup	Main	Tatties/pasta	Veg	Pudding
Minestrone	Mince & Yorkies Pork Fried Rice Cheese & Onion Omelette	Tatties	Mixed Veg Broccoli	Fruit Salad
Parsnip & Carrot	Chicken Korma Herbie Haddock Cauliflower Korma	Tatties Rice	Diced carrots Peas	Carrot Cake
Vegetable Broth	Roast Lamb & Mint Sauce Pork Stroganoff Roast Veg Filo Parcels	Tatties Rice	Corn Orkney Neep	Mixed Apple & Grape Salad
Tattie	Breaded Haddock Thai Chicken Curry Veg Burger Roll	Tatties Chips	Beans Peas	Creamed Rice & Berry Compote
Lentil	Pizza Macaroni	Wedges	Beans	Apple & Grape Salad

Week 3

W/B 30 August, 27 September, 8 November, 6 December

Soup	Main	Tatties/pasta	Veg	Pudding
Lentil & Tomato	Steak Pie BBQ Pork Chop Cheesy Leek & Potato Pie	Tatties Rice	Carrots Cabbage	Greek Yoghurt with Berries & Honey
Butternut Squash	Chicken Chow Mein Seafood Lasagne Quorn & Veg Stir Fry	Tatties Noodles	Peas Corn	Fresh Fruit Salad
Sweet Potato	Roast Pork & Apple Sauce Lamb Tangine Italian Bean Casserole	Tatties Cous Cous	Diced Carrot & Neep Broccoli	Raspberry Flapjack
Scotch Broth	KGS Chicken Curry Salmon with Lemon Pasta KGS Quorn Curry	Tatties Rice Chips	Peas Cauliflower	Fresh Pineapple & Orkney Yoghurt
Lentil	Pizza Macaroni	Wedges	Beans	Apple & Grape Salad

Week 4

W/B 6 September, 4 October, 15 November, 13 December

Soup	Main	Tatties/pasta	Veg	Pudding
Roasted Red Pepper	Southern Fried Chicken Fish Curry Vegetable Frittata	Tatties Rice Wraps	Coleslaw Corn	Rhubarb Crumble
Cullen Skink	Spaghetti Bolognaise Lamb Hot Pot Roast Tomato & Lemon Pesto Spaghetti	Tatties Garlic Bread Spaghetti	Green Beans Carrots	Apple, Pear & Black Grape Salad
Hearty Pasta Soup	Roast Chicken & Stuffing Smoked Haddock Pasta Falafel & BBQ Dip	Tatties	Peas Neeps	Custard Cream & Mandarins
Chinese Chicken	Chip Shop Pattie Pork Meatball in Tomato Sauce Creamy Veg Pasta	Tatties Chips	Beans Broccoli	Chocolate Brownie
Lentil	Pizza Macaroni	Wedges	Beans	Trio of Melon