

MENU

WEEK 1

Available Daily

- **Variety of vegetables**
- **Help yourself to salad & fruit**
- **Yogurts**

MONDAY

Macaroni Cheese (V)

Baked Tatties with various fillings (V) (Ve)

Broccoli/ carrots/ Baked Beans

Peach Melba Crunch

TUESDAY

Smash burger (beef) in a bun

Buffalo Cauliflower Wings (Ve)

Tattie Wedges/ Corn Cobs/ Baby Carrots

WEDNESDAY

Rainbow Lasagne with Garlic Bread (V)

Lentil Soup (Ve) with Sandwich Selection

Sweetcorn/ Whole Green Beans

THURSDAY

Homemade Cheese Pizza (V)

Breaded Fish

Chips/ Beetroot/ Peas

Vanilla Cupcake (V)

FRIDAY

Pork Sausages

Golden Spanish rice (Ve)

Mashed Tatties, Baked Beans, Mixed Veg

ALLERGIES

Pupils with Special Dietary requirements should complete the SDR form online. All options on the menu will be tailored where appropriate, to meet these dietary needs



MENU

WEEK 2

Available Daily

- **Variety of vegetables**
- **Help yourself to salad & fruit**
- **Yogurts**

MONDAY

Mediterranean Pasta (Ve)

Roasted Vegetable Fajita Wrap (V)

Baked Beans/ Baby Carrots

TUESDAY

Veg & Rice Soup (Ve) with Filled Wraps

Broc and Sweetcorn Crustless Quiche (V)

Whole Green Beans/ Sweetcorn

Tropical Flapjack (Ve)

WEDNESDAY

Chicken Goujons

Lentil Dal with Speckled basmati Rice (V)

Sweet Potato Fries/ Corn Cobs/baked beans

THURSDAY

Quorn Turkish Pasta (V)

Breaded Fish

Coleslaw/ Chips/ Peas

Fruity Jelly (Ve)

FRIDAY

Baked Shetland Salmon

Mozzarella Sticks (V)

Diced Potato/ Broccoli/ Diced Carrots

ALLERGIES

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SHETLAND
ISLANDS COUNCIL

MENU

WEEK 3

Available Daily

- **Variety of vegetables**
- **Help yourself to salad & fruit**
- **Yogurts**



MONDAY

Tomato Soup (Ve) or
Lentil soup (Ve) with
Various Filled Rolls

Creamy Carrot and
Courgette Spaghetti
(Ve)

Broccoli/ Sweetcorn

TUESDAY

Chicken Fajitas

Homemade Cheese
Pizza (V)

Potato Wedges/ Corn
Cobs/ Peas

Shortbread Biscuit
(Ve)

WEDNESDAY

Chinese veggie
Noodles (Ve)

Beef Bolognese with
Pasta

Baby Carrots/ Whole
Green Beans/ Rice

THURSDAY

Breaded Fish

Various filled Baked
tatties (V)

Beetroot/ Peas/
Sweetcorn

Whip with Mandarins
(V)

FRIDAY

Pork Sausage Roll

Lentil, Sweet Pot &
Spinach Curry (Ve)

Chips/ Baked Beans/
Broccoli

ALLERGIES

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MENU

WEEK 4

Available Daily

- **Variety of vegetables**
- **Help yourself to salad & fruit**
- **Yogurts**

MONDAY

Smooth Vegetable Soup (Ve) Sandwiches

Savoury Sausage Roll (Ve)

Carrots/ Sweetcorn

Ice Cream (V)

TUESDAY

Indian Spiced Chickpea and Veggie Roll (Ve)

Pork Meatballs in Tomato Sauce

Mixed Vegetables/ Pasta/broccoli

WEDNESDAY

Cheese and Tomato Pizza Rolls (V)

Sweet Potato and mackerel cakes

Baked Beans/ sweetcorn

THURSDAY

Mexican Bean Burrito (Ve)

Minced beef in gravy

Mashed tatties/rice/ Green Beans/ Sliced Carrots

Apple Muffin (Ve)

FRIDAY

Chicken Curry

Cheese Quesadilla (V)

Peas/ baby carrots/ Rice

ALLERGIES

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