

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

Pork Sausages

Golden Spanish rice (Ve)

Mashed Tatties, Baked Beans, Mixed Veg

FRIDAY

Homemade Cheese Pizza (V)

Breaded Fish

Chips/ Beetroot/ Peas

Vanilla Cupcake (V)

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**

**Broccoli and cheese
crustless quiche (V)**

**Whole Green Beans/
Sweetcorn**

Tropical Flapjack (Ve)

WEDNESDAY

Chicken Goujons

**Lentil Dal with
Speckled basmati Rice**

**Sweet Potato Fries/
Corn Cobs/baked
beans**

THURSDAY

**Baked Shetland
Salmon**

Mozzarella sticks (V)

**Diced Potato/
Broccoli/ Diced
Carrots**

FRIDAY

**Quorn Turkish pasta
(Ve)**

Breaded Fish

**Coleslaw/ Chips/
Peas**

Fruity Jelly (Ve)

ALLERGIES

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needs**



Soil Association



**SHETLAND
ISLANDS COUNCIL**

MENU

WEEK 3

Available Daily

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



MONDAY

Tomato Soup 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 **(V)**

Beef Bolognaise with Pasta

Baby Carrots/ Whole Green Beans/ Rice

THURSDAY

Pork Sausage Roll

Lentil, Sweet Pot & Spinach Curry **(Ve)**

Chips/ Baked Beans/ Broccoli

FRIDAY

Breaded Fish

Various filled Baked tatties **(V)**

Beetroot/ Peas/ Sweetcorn

Whip with Mandarins **(V)**

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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