

Variety of
vegetables,
salad, fruit
and yogurts
available daily.

Week One Menu



MONDAY

Macaroni Cheese (V)

Baked tatties with Beans (Ve)

Baked tatties with cheese (V)

Broccoli / Carrots / Baked Beans

Fruit

Peach Melba Crunch (V)

TUESDAY

Smash Burger (Beef) in a Bun

Buffalo Cauliflower Wings (Ve)

Tattie Wedges (Ve) / Cobs / Baby Carrots

Fruit

Yogurt (V)

WEDNESDAY

Rainbow Lasagne with Garlic Bread (V)

Lentil Soup (Ve) with Sandwich Selection

Sweetcorn / Whole green beans

Fruit

Yogurt (V)

THURSDAY

Homemade Cheese Pizza (V)

Breaded fish

Chips (Ve)

Beetroot / Peas

Fruit Yogurt (V)

FRIDAY

Pork Sausages

Golden Spanish rice (Ve)

Mashed tatties (Ve)

Baked beans

Mixed veg

Fruit

Vanilla cupcake (V)

Allergies

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



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ISLANDS COUNCIL

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Week Two Menu



MONDAY

Mediterranean Pasta (Ve)

Roasted Vegetable Fajita Wrap (Ve)

Baked Beans / Baby Carrots

Fruit
Yogurt (Ve)

TUESDAY

Veg & Rice Soup (Ve) with filled
wraps

Broccoli & Sweetcorn Crustless
Quiche (Ve)

Whole Green Beans / Sweetcorn

Fruit
Tropical Flapjack (Ve)

WEDNESDAY

Chicken Goujons

Lentil Dal with Speckled Basmati Rice
(V)

Sweet Potato Fries / Corn Cobs /
Baked Beans

Fruit
Yogurt (Ve)

THURSDAY

Quorn Turkish Pasta (Ve)

Breaded Fish

Coleslaw
Chips
Peas

Fruit
Fruit Jelly (Ve)

FRIDAY

Baked Shetland Salmon

Mozarella sticks (V)

Diced Potato (Ve) / Broccoli / Diced
Carrots

Fruit
Yogurt (V)

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Week Three Menu



MONDAY

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

Creamy Carrot and Courgette
Spaghetti (Ve)

Broccoli / Sweetcorn

Fruit
Yogurt (V)

TUESDAY

Chicken Fajitas

Homemade Cheese Pizza (V)

Potato Wedges (Ve) / Cobs / Peas

Fruit
Shortbread Biscuit (Ee)

WEDNESDAY

Chinese Veggie noodles (Ve)

Beef Bolognese

Pasta
Baby Carrots / Whole Green Beans

Fruit
Yogurt (V)

THURSDAY

Breaded Fish

Various Baked Tatties (V)

Chips (Ve)
Beetroot / Peas / Sweetcorn

Fruit
Whip with Mandarins (V)

FRIDAY

Pork Sausage roll

Lentil, Sweet Potato & Spinach
Curry (Ve)

Rice / Baked Beans / Broccoli

Fruit
Yogurt (V)

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Week Four Menu



MONDAY

Smooth Vegetable Soup (Ve)
Sandwiches

Savoury Sausage Roll (Ve)

Baked Beans
Sweetcorn

Fruit
Ice cream (V)

TUESDAY

Indian Spiced Chickpea and Veggie
Roll (Ve)

Pork Meatballs in Tomato Sauce

Garlic Bread (Ve)
Pasta
Mixed Veg / Broccoli

Fruit
Yogurt (V)

WEDNESDAY

Cheese Tomato Pizza rolls (V)

Sweet Potato and Mackerel Cakes

Baked Beans / Sweetcorn / Baby
Carrots

Fruit
Yogurts (V)

THURSDAY

Mexican Bean Burrito (Ve)

Mince

Mashed Tatties (Ve)
Potato Wedges
Green Beans / Sliced Carrots

Fruit
Apple Muffin (Ve)

FRIDAY

Chicken Curry

Cheese Quesadilla

Rice / Peas / Sweetcorn

Flat Bread

Fruit
Yogurt (V)

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