Week One Menu

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

MONDAY

Macaroni Cheese (V)

Baked tatties with Cheese / Baked Beans / Tuna

Salad / Broccoli / Sweetcorn / Baked Beans

Peach Melba Crunch
Fruit / Yogurt

TUESDAY

Smash Burger (Beef) in a Bun

BBQ Cauliflower Bites (Ve)

Salad / Fries / Cobs / Peas

Fruit / Yogurt

WEDNESDAY

Chicken Curry with Flat Bread

Lentil Soup (Ve) with Sandwich Selection

Salad / Rice / Carrots / Whole Green Beans

Fruit / Yogurt

THURSDAY

Pork Sausages

Vegetarian Sausage Roll (Ve)

Mashed tatties / Baked Beans
Mixed Veg / Gravy

Fruit / Yogurt

FRIDAY

Breaded fish

Vegetable Lasagne with Garlic Bread (V)

Salad / Chips / Beetroot / Peas

Vanilla cupcake (V)
Fruit / Yogurt

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

SHETLAND ISLANDS COUNCIL

Week Two Menu

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

MONDAY

Cheese / Ham Quesadilla

Veggie Burger (Ve)

Salad / Chips / Baked Beans / Baby Carrots

Fruit / Yogurt

TUESDAY

Cook's Soup with filled wraps

Mediterranean Pasta with Glarlic Bread (Ve)

Salad / Whole Green Beans / Sweetcorn

Jelly
Fruit / Yogurt

WEDNESDAY

Chicken Goujons

Lentil Dal with Speckled Basmati Rice (Ve)

Salad / Fries / Corn Cobs / Mixed Veg

Fruit / Yogurt

THURSDAY

Mince and Tatties

Pepper Pasta Bake (V)

Salad / Mashed Tatties / Peas / Neeps

Fruity Flapjack
Fruit / Yogurt

FRIDAY

Baked Shetland Salmon

Homemade Pizza (Ve)

Salad / Pasta / Broccoli / Diced Carrots

Fruit / Yogurt

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

SHETLAND ISLANDS COUNCIL

Week Three Menu

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

MONDAY

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

Carrot and Courgette Spaghetti (Ve)

Salad / Broccoli / Sweetcorn

Fruit / Yogurt

TUESDAY

Chicken Fajitas

Homemade Pizza (V)

Salad / Chips / Cobs / Peas

Fruit / Yogurt

WEDNESDAY

Beef Bolognaise

Chinese Veggie Noodles (Ve)

Salad / Pasta / Baby Carrots / Whole Green Beans

Shortbread Biscuit
Fruit / Yogurt

THURSDAY

Pork Sausage roll

Lentil, Sweet Potato & Spinach Curry (Ve)

Salad / Rice / Potato Wedges / Baked Beans / Broccoli

Fruit / Yogurt

FRIDAY

Breaded Fish

Baked Tatties (V) with Cheese / Tuna / Baked Beans

Salad / Chips / Beetroot / Peas / Baked Beans

Fruit
Whip with Mandarins

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

SHETLAND ISLANDS COUNCIL

Week Four Menu

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

MONDAY

Cook's Soup with Various Filled Sandwiches

Golden Spanish Rice (Ve)

Salad / Sweetcorn

Fruit / Yogurt

TUESDAY

Pork Meatballs in Tomato Sauce

Indian Spiced Chickpea and Veggie Roll (Ve)

Salad / Garlic Bread / Pasta / Mixed Veg / Broccoli

Apple Sponge and Custard
Fruit

WEDNESDAY

Homemade Pizza (V)

Salmon / Mackerel Fishcakes

Salad / Fries / Whole Green Beans / Baby Carrots

Fruit / Yogurt

THURSDAY

Roast Chicken and Stuffing

Vegetable Frittata (V)

Salad / Roast Tatties / Whole Green Beans / Sweetcorn

Ice Cream
Fruit

FRIDAY

Breaded Fish

Mexican Bean Burrito (Ve)

Salad / Chips / Peas / Diced Carrots

Fruit / Yogurt

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

SHETLAND ISLANDS COUNCIL