

**Weeks commencing: Aug - 19th, Sept - 9th, 30th, Nov - 4th, 25th, Dec - 16th, Jan - 20th, Feb - 10<sup>th</sup>**

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup choice</b>	Homemade vegetable soup	Homemade lentil soup	Homemade carrot and parsnip soup	Homemade tomato soup	Homemade split pea soup
<b>Main course meat</b>	Savoury chicken and rice	Chicken sausage roll	Pasta Carbonara	Roast chicken with stuffing, roast potatoes and gravy	Breaded haddock
<b>Information</b>	<b>Served with garlic bread, seasonal vegetables and sweetcorn</b>	<b>Served with seasonal vegetables and baked beans with couscous</b>	<b>Served with seasonal vegetables and broccoli</b>	<b>Served with seasonal vegetables and peas</b>	<b>Served with seasonal vegetables, carrots and chips</b>
<b>Main course vegetarian or vegan</b>	Savoury vegetable bake	Vegetarian sausage roll	Vegetable and cheese pasta	Plant based chicken with stuffing, roast potatoes and gravy	Fishless fingers
<b>Information</b>	<b>Served with garlic bread, seasonal vegetables and sweetcorn</b>	<b>Served with seasonal vegetables and baked beans and couscous</b>	<b>Served with seasonal vegetables and broccoli</b>	<b>Served with seasonal vegetables and peas</b>	<b>Served with seasonal vegetables and carrots, chips</b>
<b>Sandwich choice - meat / fish</b>	Ham Sandwich	Tuna mayonnaise roll	Ham sandwich	Turkey sandwich	Chicken mayo sandwich
<b>Information</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>
<b>Sandwich choice vegetarian</b>	Cheese sandwich	Cheese and biscuits with grapes	Egg sandwich	Soft cheese and cucumber sandwich	Banana sandwich
<b>Information</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>
<b>Pudding</b>	Yoghurt	Chocolate orange muffins or yoghurt	Yoghurt	Angel delight or yoghurt	Yoghurt
<b>Information</b>	<b>Additional fruit always available</b>	Additional fruit always available	Additional fruit always available	Additional fruit always available	Additional fruit always available
<b>Fruit</b>	Always available for all pupils additional to pudding	Always available for all pupils additional to pudding	Always available for all pupils additional to pudding	Always available for all pupils additional to pudding	Always available for all pupils additional to pudding
<p><b>Medical Diet - if you have any medically certified dietary requirements, please contact the Head Cook or School Admin.</b></p> <p><b>A full list of nutritional data and allergen information can be found using the following link: <a href="https://orkney-primary.mysaffronportal.com">https://orkney-primary.mysaffronportal.com</a></b></p>					

**WEEKS COMMENCING: Aug - 26th, Sept - 16th, Oct - 7th, Nov - 11th, Dec 2nd, Jan - 6th, 27th,**

<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup choice</b>	Homemade lentil soup	Homemade sweet potato and coconut soup	Homemade vegetable soup	Homemade tomato soup	Homemade pea soup
<b>Main course meat</b>	Sausages	Cheesy turkey pasta	Breaded haddock	Homemade lasagna	Homemade chicken curry,
<b>Information</b>	<b>Served with savoury potatoes with peas and sweetcorn</b>	<b>Served with broccoli and cauliflower</b>	<b>Served with chips, carrots and green beans</b>	<b>Served with garlic bread, seasonal vegetables and coleslaw</b>	<b>Served with seasonal vegetables, with rice and naan bread</b>
<b>Main course vegetarian or vegan</b>	Mixed bean casserole with crusty bread	Tuscan bean pasta	Fishless fingers	Vegetable moussaka	Homemade chickpea curry
<b>Information</b>	<b>Served with savoury potatoes and peas and sweetcorn</b>	<b>Served with broccoli and cauliflower</b>	<b>Served with chips, with carrots and green beans</b>	<b>Served with garlic bread, seasonal vegetables and coleslaw</b>	<b>Served with seasonal vegetables, with rice and naan bread</b>
<b>Sandwich choice - meat / fish</b>	Roast beef sandwich	Coronation chicken sandwich	Turkey sandwich	Ham wrap	Salmon sandwich
<b>Information</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>
<b>Sandwich choice vegetarian</b>	Cheese sandwich	Banana sandwich	Cheese sandwich	Meat free chicken and mayonnaise wrap sandwich	Egg mayonnaise sandwich
<b>Information</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>
<b>Pudding</b>	Chocolate banana sponge or yoghurt	Yoghurt	Flapjack or yoghurt	Jelly or yoghurt	Yoghurt
<b>Information</b>	<b>Additional fruit always available</b>	<b>Additional fruit always available</b>	<b>Additional fruit always available</b>	<b>Additional fruit always available</b>	<b>Additional fruit always available</b>
<b>Fruit</b>	Always available for all pupils additional to pudding	Always available for all pupils additional to pudding	Always available for all pupils additional to pudding	Always available for all pupils additional to pudding	Always available for all pupils additional to pudding
<p><b>Medical Diet - if you have any medically certified dietary requirements, please contact the Head Cook or School Admin.</b></p> <p><b>A full list of nutritional data and allergen information can be found using the following link: <a href="https://orkney-primary.mysaffronportal.com">https://orkney-primary.mysaffronportal.com</a></b></p>					

## WEEKS COMMENCING: Sept - 2nd, 23rd, Oct - 28th, Nov - 18th, Dec - 9th, Jan - 13th, Feb - 3rd

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup choice</b>	Homemade sweet potato soup	Homemade lentil soup	Homemade vegetable soup	Homemade carrot and parsnip soup	Homemade tattie and leek soup
<b>Main course meat</b>	Chicken burger in a roll	Mince and tatties	Roast pork and Yorkshire pudding	BBQ chicken	Oven roasted salmon
<b>Information</b>	<b>Served with carrots and sweetcorn</b>	<b>Served with cauliflower and green beans</b>	<b>Served with roast tatties and carrots and seasonal vegetables</b>	<b>Served with noodles, sweetcorn and broccoli</b>	<b>Served with tatties, seasonal vegetables and peas or salad</b>
<b>Main course vegetarian or vegan</b>	Vegetarian burger in a roll	Quorn mince and tatties	Lentil Patties and Yorkshire pudding	BBQ Quorn and roasted vegetables in tomato sauce	Cheese and tomato pizza
<b>Information</b>	<b>Served with sweetcorn and carrots</b>	<b>Served with cauliflower and green beans</b>	<b>Served with roast tatties and carrots and seasonal vegetables</b>	<b>Served with noodles, peas and broccoli</b>	<b>Served with seasonal vegetables and peas or salad</b>
<b>Sandwich choice - meat / fish</b>	Turkey sandwich	Ham roll	Roast beef sandwich	Tuna sandwich	Chicken wrap
<b>Information</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>
<b>Sandwich choice vegetarian</b>	Egg sandwich	Cheese roll	Banana sandwich	Soft cheese and cucumber sandwich	Plant based chicken wrap
<b>Information</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>	<b>Choice of salad available to all pupils having lunch</b>
<b>Pudding</b>	Yoghurts	Scotch Pancakes or yoghurts	Ice cream with berry compote or yoghurts	Apple crumble or yoghurts	Yoghurts
<b>Information</b>	<b>Additional fruit always available</b>	<b>Additional fruit always available</b>	<b>Additional fruit always available</b>	<b>Additional fruit always available</b>	<b>Additional fruit always available</b>
<b>Fruit</b>	Always available for all pupils additional to pudding	Always available for all pupils additional to pudding	Always available for all pupils additional to pudding	Always available for all pupils additional to pudding	Always available for all pupils additional to pudding

**Medical Diet - if you have any medically certified dietary requirements, please contact the Head Cook or School Admin.**

**A full list of nutritional data and allergen information can be found using the following link: <https://orkney-primary.mysaffronportal.com>**