| WEEK 1 |  | WEEKS COMMENCING 16th August, 12th September, 24th October, 21st November, 19th December 2022 |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Menu planner | Monday | Allergen | Tuesday | Allergen | Wednesday | Allergen | Thursday | Allergen | Friday | Allergen |
| Soup | Homemade lentil soup |  | Homemade tomato soup |  | Homemade tattie and leek soup |  | Homemade split pea soup |  | Homemade vegetable soup |  |
| Main course option 1 | Williamson's pork sausage | G,SD | Chicken Fajita | G | Orkney Beef Lasagne | G,D | Roast chicken with oatmeal stuffing | G | Breaded or battered fish | F,G,E,D |
| Main course option 2 | Vegan Quorn sausage | G | Homemade falafel wrap | G | Lentil Lasagne | G,D | Bean casserole |  | Crispy crumbed vegetable burger | G,SD |
| Carb | Boiled Tatties |  | Wrap | G | Garlic Bread | G | Roast tatties |  | Chunky Chips |  |
| Vegetable <br> 1 | Seasonal vegetables |  | Coleslaw | E | Seasonal vegetables |  | Seasonal vegetables |  | Seasonal vegetables |  |
| Vegetable $2$ | Baked beans |  | Seasonal vegetables |  | Sweetcorn |  | Carrots |  | Peas |  |
| Jacket potato 1 | Cheese | D | Coleslaw | E | Baked beans |  | Lentil Bolognese |  | Sliced vegan Quorn sausage and baked beans | G |
| Jacket potato 2 | Tuna mayonnaise | F, E | Sliced sausage and baked beans | G,SD | Williamson's sliced home cured ham |  | Williamson's sliced turkey |  | Chicken with sweetcorn and mayonnaise | E |
| Sandwich option 1 | Cream cheese and cucumber | D,G,SY | Orkney cheese | SY,G,D | Sliced banana | SY,G | Egg mayonnaise | SY,G,E | Sliced tomato, cucumber, and lettuce | SY,G |
| Sandwich option 2 | Williamson's sliced home cured ham | SY,G | Tuna mayonnaise | SY,G,E,F | Chicken and Mayonnaise | SY,G,E | Williamson's home cured turkey ham | SY,G | Sliced turkey | SY,G |
| Pudding | Homemade Beremeal shortbread | G | Fresh fruit selection |  | Chocolate brownie | G,E | Peaches and Vanilla ice cream | D | Fresh fruit selection |  |
| Yoghurt | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D |
| Fresh Fruit | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. <br> Apples / Grapes / <br> Orange/ Melon |  |


| Menu planner | Monday | Allergen | Tuesday | Allergen | Wednesday | Allergen | Thursday | Allergen | Friday | Allergen |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Soup | Homemade pea soup |  | Homemade tomato soup |  | Homemade vegetable soup |  | Homemade Sweet potato and coconut soup |  | Homemade lentil soup |  |
| Main course option 1 | Orkney mince and tatties |  | Orkney steak pie | G, | Really cheesy macaroni cheese | G,D,M | Pork and bean enchiladas | G,D | Homemade salmon fishcakes | F,G,D,E |
| Main course option 2 | Quorn mince and tatties | SY | Plant based chicken and vegetable pie | G | Chunky vegetable stew |  | savoury bean enchilada | G,D | Cheese and tomato pizza | G,D |
| Vegetables and carbs | Tatties |  | Boiled tatties |  | Chunky bread | G,SY | Roll / Wrap | G,SY | Chunky fries |  |
| Vegetable 1 | Seasonal vegetables |  | Seasonal vegetables |  | Seasonal vegetables |  | Seasonal vegetables |  | Seasonal vegetables |  |
| Vegetable 2 | Neeps |  | Broccoli |  | Carrots |  | Coleslaw | E | Sweetcorn |  |
| Jacket potato 1 | Baked beans |  | Savoury Quorn mince | SY | Savoury beans |  | Cheese | D | Vegetable casserole |  |
| Jacket potato 2 | Tuna mayonnaise | E,F | Williamsons sliced ham |  | Coleslaw | E | Sliced sausage and beans | G | Slow cooked pork casserole |  |
| Sandwich option 1 | Sliced egg | SY,G,E | lettuce, tomato and cucumber | SY,G | Cheese | SY,G,D | Sliced banana | SY,G | Plant based chicken and mayonnaise | SY,G |
| Sandwich option 2 | Williamson's sliced turkey | SY,G | Williamson's sliced ham | SY,G | Tuna mayonnaise | SY,G,F,E | Williamson's sliced ham | SY,G | Williamson's home cured turkeyham | SY,G |
| Pudding | Fresh fruit selection |  | Lemon drizzle cake | G,E | Fruit jelly (suitable for vegetarians) |  | Apple crumble and custard | G,D,E | Fresh fruit selection |  |
| Yoghurt | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D |
| esh Fruit | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  |


| WEEK 3 |  | WEEKS COMMENCING: 29th August, 26th September, 7th November, 5th December 2022 |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Menu planner | Monday | Allergen | Tuesday | Allergen | Wednesday | Allergen | Thursday | Allergen | Friday | Allergen |
| Soup | Homemade tattie and leek soup |  | Homemade split pea soup |  | Homemade tomato soup |  | Homemade vegetable soup |  | Homemade pea soup |  |
| Main course option 1 | Pasta carbonara | D,G,SD | Homemade chicken goujons | G,E | Turkey mince chilli con carne |  | Roast Orkney beef and ((Yorkshire pudding (YP) (G,D,E)) and gravy | YP=G, D, E | Breaded / <br> Battered fish | G,F,D,E |
| Main course option 2 | Chunky vegetable and tomato pasta bake | D,G | Chickpea and sweetcorn fritters | G,E | Plant based chicken and vegetable stir fry | SY | Spiced lentil and bean pattie | G,SY | Cheese and onion quiche | G,E,D,M |
| Vegetables and carbs | Pasta | G | Chunky chips |  | White and brown basmati rice |  | Roast tatties |  | Tatties |  |
| Vegetable 1 | Seasonal vegetables |  | Seasonal vegetables |  | Seasonal vegetables |  | Seasonal vegetables |  | Seasonal vegetables |  |
| Vegetable 2 | Sweetcorn |  | Carrots |  | Salad |  | Broccoli |  | Peas |  |
| Jacket potato 1 | Cheese | D | Egg mayonnaise | E | Baked beans |  | Coleslaw | E | Plant based chicken and mayonnaise | E |
| Jacket potato 2 | Williamson's sliced ham |  | Sliced sausage and beans | G,SD | Chicken and sweetcorn | E | Tuna mayonnaise | F, E | Chili |  |
| Sandwich option 1 | Cream cheese and cucumber | SY,G,D | Sliced banana | SY,G | Egg mayonnaise | SY,G,E | Cheese | SY,G,D | Cucumber | SY,G |
| Sandwich option 2 | Tuna mayonnaise | SY,G,F,E | Williamsons sliced turkey | SY,G | Williamson's sliced ham | SY,G | Williamsons sliced turkey | SY,G | Chicken mayonnaise | SY,G |
| Pudding | Fresh fruit selection |  | Melting moments | G.E | Fresh fruit selection |  | Homemade carrot cake | G,E | Homemade custard creams | G, |
| Yoghurt | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D |
| Fresh Fruit | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  |


| WEEK 4 |  | WEEKS COMMENCING: 5th September 3rd October, 14th November, 5th December 2022 |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Menu planner | Monday | Allergen | Tuesday | Allergen | Wednesday | Allergen | Thursday | Allergen | Friday | Allergen |
| Soup | Homemade tomato soup |  | Homemade sweet potato and coconut soup |  | Homemade lentil soup |  | Homemade pea soup |  | Homemade vegetable soup |  |
| Main course option 1 | Homemade chicken curry <br> (Can be served <br> plain) |  | Chicken sausage roll | G | Spaghetti Bolognese | G | Chicken breast served with gravy | SD | Breaded or Battered fish | F,G,E,D |
| Main course option 2 | Ingrid's cowboy beans | G | Cheese and onion pin wheel | G,D | Tomato pasta bake topped with cheese | G,D | Plant based chicken Served with gravy | SD,G | Vegetable and bean burrito | G |
| Vegetables and carbs | White and brown basmati rice Naan bread | G,D | Potato wedges |  | Pasta / Spaghetti | G | New potatoes |  | Chunky chips |  |
| Vegetable 1 | Seasonal vegetables |  | Seasonal vegetables |  | Seasonal vegetables |  | Seasonal vegetables |  | Seasonal vegetables |  |
| Vegetable 2 | Sweetcorn |  | Baked beans |  | Sweetcorn |  | Sweetcorn pin wheels |  | Peas |  |
| Jacket potato 1 | Cheese | D | Quorn mince | SY | Baked beans |  | Coleslaw | E | Egg mayonnaise | E |
| Jacket potato 2 | Tuna mayonnaise | F, E | Coronation chicken | E | Williamson's sliced turkey breast |  | Sliced sausage and beans | G,SD, | Savoury mince |  |
| Sandwich option 1 | Cream cheese and cucumber | SY,G,D | Egg mayonnaise | SY,G,E | Cheese | SY,G,D | Sliced banana | SY,G | Lettuce, tomato, and cucumber | SY,G |
| Sandwich option 2 | Williamson's sliced turkey breast | SY,G | Williamson's home cured turkey ham | SY,G | Williamson's sliced ham | SY,G | Tuna mayonnaise | SY,G,F,E | Chicken mayonnaise | SY,G,E |
| Pudding | fresh fruit selection |  | Homemade flapjack | G | fresh fruit selection |  | Homemade banana bread | G,E,D | fresh fruit selection |  |
| Yoghurt | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D | 100g Golden Acre yoghurt | D |
| Fresh Fruit | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  | Selection of fresh fruit. Apples / Grapes / Orange/ Melon |  |

