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| 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 Lasagna | 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 Lasagna | G,D | Bean casserole |  | Crispy crumbed vegetable burger | G,SD |
| **Carb** | Boiled Tatties |  | Wrap | G | Garlic Bread | G | Roast tatties |  | Chunky Chips |  |
| **Vegetable 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. Apples / Grapes / Orange/ Melon |  |

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| WEEK 2 | | WEEKS COMMENCING: 22nd August 19th September, 31st October, 28th November 2022 | | | | | | | | |
| **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 | Bap / Wrap | G,SY | Chunky fries |  |
| **Vegetable 1** | Seasonal vegetables |  | Seasonal vegetables |  | Seasonal vegetables |  | Seasonal vegetables |  | Seasonal vegetables |  |
| **Vegetable 2** | Neaps |  | 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 |
| **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 |  |

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| 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 chili con carne |  | Roast Orkney beef and ((Yorkshire pudding (YP) (G,D,E)) and gravy | YP=G,D,E | Breaded / 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 |  |

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| 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 (Can be served 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 |  |

