

## CORPORATE SERVICES

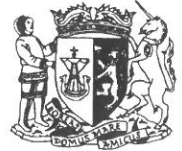
**Executive Director:** Gillian Morrison MA, MSc  
Council Offices, Kirkwall, Orkney, KW15 1NY

School Meals

Tel: (01856) 879238

Website: [www.orkney.gov.uk](http://www.orkney.gov.uk)

Email: [anne.harrison@orkney.gov.uk](mailto:anne.harrison@orkney.gov.uk)



**ORKNEY**  
ISLANDS COUNCIL

30 June 2017

Dear Parent or Guardian

### **School Meals – Primary Menus 2017 / 18**

Please find attached the menu for the next school year. In response to concerns raised by parents and recent media focus on the high levels of sugar in some school meals puddings, we have made some changes to reduce the frequency of puddings and to ensure puddings offered are lower in sugar than the current selection.

It should be noted that as part of the Nutritional Requirements for food and drink in schools (Scotland) regulations 2008 puddings can only be served as part of a meal and not purchased separately. Milk or water will be provided as part of the lunch, milk shake will no longer be on sale because of the high sugar content. We have also trialled offering brown or granary bread in some schools; this will be extended to all schools from August.

Options have been changed to encourage healthier choices and are as follows:

#### Option 1

Soup, any main course, fresh fruit

#### Option 2

Any main course with soup or pudding

#### Option 3

Soup or Fruit, Sandwich, Pudding

We will monitor both uptake and feedback next term with any revisions to the menu being sent out in October. Feedback or comments can be made by e.mail to [anne.harrison@orkney.gov.uk](mailto:anne.harrison@orkney.gov.uk) or by phone to 879238.

Yours faithfully

Anne Harrison  
Catering Manager

Hope and Burray Primary School Menu

£2.20 for 2 Courses (price from April 2018 to be confirmed)

Available daily: Baked Tattie ~ Sandwiches ~ Salad Bar ~ Bread ~ Fresh Fruit ~ Water ~ Milk

All our menus comply with the "Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008

Week 1	Day	Soup	Meat Choice	Vegetarian	Potatoes / Veg	Pudding
22/08/17 (Tue)	Mon	Tomato	Spaghetti Bolognese	Lentil Bolognese	Salad	Alien Crunch or Yoghurt
6/11/17	Tue	Lentil	Chinese Chicken or Plain Chicken	Vegetable Stir Fry	Noodles, Salad	Fruity Muffin or Yoghurt
22/1/18	Wed	Vegetable	Breaded Haddock or Salmon in White Sauce	Cheese + Onion Pin Wheel	Chips, Tatties, Peas, Salad	Fresh Fruit
26/3/18	Thurs	Split Pea	Roast Beef + Yorkshire Pudding	Lentil Roast	Tatties, Broccoli, Carrots	Rice Pudding + Fruit or Yoghurt
11/6/18	Fri	Chicken Soup	Fish Pie	Cheese + Tomato Pizza	Potato Wedges, Salad	Fresh Fruit
<b>Week 2</b>	<b>Day</b>	<b>Soup</b>	<b>Meat Choice</b>	<b>Vegetarian</b>	<b>Potatoes / Veg</b>	<b>Pudding</b>
28/8/17	Mon	Tomato	Beef Stew	Roasted Veg + Couscous	Tatties, Carrots, Swede	Fresh Fruit
13/11/17	Tue	Lentil	Pork Meatballs in Tomato Sauce	Meatballs (Quorn) + Tomato Sauce	Tagliatelle, Salad	Fruit Flapjack or Yoghurt
29/1/18	Wed	Vegetable	Sweet Chilli Chicken or Plain Chicken	Cheese + Pasta	Potato Wedges, Mixed Veg, Salad	Peach Melba or Yoghurt
16/4/18	Thur	Split Pea	Fish Pie or Mince	Quorn Pie	Tatties, Peas, Salad	Apple + Summer Fruits Crumble
18/6/18	Fri	Chicken Soup	Chicken + Pasta Bake	Cheesy Vegetable Bake	Salad	Fresh Fruit
<b>Week 3</b>	<b>Day</b>	<b>Soup</b>	<b>Meat Choice</b>	<b>Vegetarian</b>	<b>Potatoes / Veg</b>	<b>Pudding</b>
4/9/17	Mon	Tomato	Chicken Curry or Plain Chicken	Vegetable Curry	Rice, Naan Bread, Salad, Sweetcorn	Fresh Fruit
29/11/17	Tue	Lentil	Mince + Pasta Bake	Vegetable Pasta Bake	Rice, Salad	Fruity Muffin or Yoghurt
5/2/18	Wed	Vegetable	Homemade Chicken Goujons	Homemade Quorn Goujons	Chips, Tatties, Baked Beans, Salad	Fresh Fruit
23/4/18	Thur	Split Pea	Salmon Fish Cake or Breaded haddock	Cauliflower Cheese	Tatties, Peas, Salad	Semolina + Fruit or Yoghurt
25/6/18	Fri	Chicken Soup	BBQ Pork	Roasted Vegetables	Salad	Fruit Salad or Yoghurt