

REFRESH

@ KING'S SCHOOL

Week 2

Monday

Dish of the Day

Pork sausages in gravy
and mash

Vegetarian Option

Vegan meatballs in gravy
And mash

Sides

Green beans/cabbage

Dessert

Wholemeal shortbread

Tuesday

Dish of the Day

Macaroni cheese

Vegetarian Option

Puttanesca gnocchi

Sides

Sweetcorn and peas

Dessert

Fruit crumble

Wednesday

Dish of the Day

Roast chicken and roast
potato

Vegetarian Option

Vegetable and bean stew
and dumplings

Sides

Carrot and swede

Dessert

Greek yoghurt with fruit
compote

Thursday

Dish of the Day

Beef enchiladas

Vegetarian Option

Vegan wraps

Sides

Wholemeal rice and
mixed vegetables

Dessert

Banana flapjack

Friday

Dish of the Day

Pollock fish fingers

Vegetarian Option

Red pepper quiche

Sides

Oven chips, beans/peas

Dessert

Maple cake

Salad bar is available Monday to Thursday and fresh fruit or yoghurt daily