

REFRESH

@ KING'S SCHOOL

Week 1

Monday

Dish of the Day

Cottage Pie

Vegetarian Option

Vegetable frittata

Sides

Carrots and Broccoli

Dessert

Fruit topped yogurt

Tuesday

Dish of the Day

Baked potato with tuna mayo

Vegetarian Option

Baked potato with cheese

Sides

Homemade coleslaw
Or sweetcorn

Dessert

Reduced sugar Jelly and fruit

Wednesday

Dish of the Day

Roast Gammon

Vegetarian Option

Vegan meatloaf in gravy

Sides

Green beans and Cabbage

Dessert

Dairy free carrot cake

Thursday

Dish of the Day

Chicken Curry

Vegetarian Option

Quorn sweet and sour

Sides

50/50 rice and peas/button
sprouts

Dessert

Apple and rhubarb crumble and
custard

Friday

Dish of the Day

Breaded fish and chips

Vegetarian Option

Broccoli and cheese quiche

Sides

Reduced sugar beans/baby
corn

Dessert

Chocolate shortbread
custard

Salad bar and fresh fruit available daily

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Week 2

Monday

Dish of the Day

Ham and pineapple pizza

Vegetarian Option

Cheese and vegetable wraps
and rice

Sides

Sweetcorn and roasted
peppers

Dessert

Berry smoothie

Tuesday

Dish of the Day

Beef bolognaise

Vegetarian Option

Tomato and bean pasta bake

Sides

Carrots and swede

Dessert

Apple flapjack

Wednesday

Dish of the Day

Roast Turkey

Vegetarian Option

Carrot and courgette and lentil
slice

Sides

Broccoli and Green beans

Dessert

Vanilla sponge cake

Thursday

Dish of the Day

Chicken fajitas

Vegetarian Option

Sweet potato and chickpea
curry

Sides

Rice and peas

Dessert

Reduced sugar Jelly and
pineapple

Friday

Dish of the Day

Coated fish with homemade
chips

Vegetarian Option

Veggie burger

Sides

Reduced sugar beans baby corn

Dessert

Coconut cookies

Salad bar and fresh fruit available daily

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Week 3

Monday

Dish of the Day

Beef lasagne

Vegetarian Option

Macaroni Cheese

Sides

Peas and sweetcorn

Dessert

Reduced sugar Chocolate cake

Tuesday

Dish of the Day

BBQ pork and 50/50 rice

Vegetarian Option

Lentil and vegetable polenta slice

Sides

Broccoli and Green beans

Dessert

Shortbread biscuits

Wednesday

Dish of the Day

Roast Chicken with roast potatoes

Vegetarian Option

Bean and vegetable Pie

Sides

Swede and cabbage

Dessert

Yogurt and homemade granola

Thursday

Dish of the Day

Sausage and onion gravy
And mash

Vegetarian Option

Quorn fillet in gravy

Sides

Spring greens and carrots

Dessert

Chocolate whip

Friday

Dish of the Day

Jumbo fish fingers

Vegetarian Option

Spanish Omelette

Sides

Reduced sugar beans and baby corn

Dessert

Reduced sugar apple cake

Salad bar and fresh fruit available daily