

# REFRESH

@ KING'S SCHOOL

Week 1

## Monday

*Dish of the Day*

Spanish chicken & pasta

*Vegetarian Option*

Quorn meatballs in tomato sauce

*Sides*

Carrots/swede

*Dessert*

Reduced sugar chocolate cake

## Tuesday

*Dish of the Day*

Cottage pie

*Vegetarian Option*

Linda McCartney vegetable sausages

*Sides*

Mixed vegetables

*Dessert*

Yogurt with homemade granola

## Wednesday

*Dish of the Day*

Roast chicken and roast potatoes

*Vegetarian Option*

Vegan cottage pie

*Sides*

Cabbage/green beans

*Dessert*

Date slice

## Thursday

*Dish of the Day*

Sweet and sour pork

*Vegetarian Option*

Cheese and veg wrap

*Sides*

Sweetcorn/peas

*Dessert*

Lemon sponge cake

## Friday

*Dish of the Day*

Jumbo fish fingers

*Vegetarian Option*

Mediterranean tart

*Sides*

Homemade chips/beans

*Dessert*

Oat cookies

Salad bar and fresh fruit available daily

# REFRESH

@ KING'S SCHOOL

Week 2

## Monday

*Dish of the Day*

Sausages in onion gravy with  
mash potato

*Vegetarian Option*

Quorn sausages and mash  
potato

*Sides*

Green beans/carrots

*Dessert*

Ginger cookie

## Tuesday

*Dish of the Day*

BBQ Chicken and rice

*Vegetarian Option*

Vegetable pizza

*Sides*

Peas and sweetcorn

*Dessert*

Homemade natural yogurt and  
fruit

## Wednesday

*Dish of the Day*

Roast Gammon and roast  
potatoes

*Vegetarian Option*

Courgette, carrot and lentil  
slice

*Sides*

Savoy cabbage/ swede

*Dessert*

Pineapple sponge cake and  
custard

## Thursday

*Dish of the Day*

Beef Bolognaise

*Vegetarian Option*

Cheese and vegetable pasta  
bake

*Sides*

Mixed vegetables

*Dessert*

Vegetarian jelly and fruit

## Friday

*Dish of the Day*

Breaded Fish cakes with  
homemade chips

*Vegetarian Option*

Spanish omelette

*Sides*

beans or baby corn

*Dessert*

Wholemeal shortbread

Salad bar and fresh fruit available daily

# REFRESH

@ KING'S SCHOOL

Week 3

## Monday

*Dish of the Day*

Sausages with paprika potatoes

*Vegetarian Option*

Cauliflower cheese

*Sides*

Green beans and homemade coleslaw

*Dessert*

Banana whip

## Tuesday

*Dish of the Day*

Beef pasta bake

*Vegetarian Option*

Vegan pasta with crispy chickpeas

*Sides*

Cabbage/carrots

*Dessert*

Lemon drizzle cake

## Wednesday

*Dish of the Day*

Roast Turkey

*Vegetarian Option*

Cheese and vegetable burger

*Sides*

Spring greens/swede

*Dessert*

Fruit crumble and cream

## Thursday

*Dish of the Day*

Chicken curry and 50/50 rice

*Vegetarian Option*

Quorn sweet and sour

*Sides*

Peas and sweetcorn

*Dessert*

Homemade Yogurt topped fruit

## Friday

*Dish of the Day*

Coated fish with homemade chips

*Vegetarian Option*

Red pepper quiche

*Sides*

Beans/homemade coleslaw

*Dessert*

Beetroot red velvet cake

Salad bar and fresh fruit available daily