

REFRESH

@ KING ' S S C H O O L

Week 1

Monday

Dish of the Day

Teriyaki chicken

Vegetarian Option

Quorn and vegetable stir-fry

Sides

Rice and peas

Dessert

Reduced sugar brownie

Tuesday

Dish of the Day

Baked potato and tuna

Vegetarian Option

Baked potato with cheese

Sides

Sweetcorn/coleslaw

Dessert

Lemon mousse

Wednesday

Dish of the Day

Roast Turkey

Vegetarian Option

Lentil wedge

Sides

Broccoli/carrots

Dessert

Ginger cookies

Thursday

Dish of the Day

Spaghetti bolognaise

Vegetarian Option

Vegetable stew and dumplings

Sides

Mixed vegetables

Dessert

Apple cake

Friday

Dish of the Day

Fish Fingers

Vegetarian Option

Broccoli and cheese quiche

Sides

Beans or baby corn

Dessert

Coconut shortbread

Salad bar and fresh fruit available daily

REFRESH

@ KING'S SCHOOL

Week 2

Monday

Dish of the Day

Sausage casserole

Vegetarian Option

Cowboy mince and Yorkshire pudding

Sides

Green beans and swede
And Mash

Dessert

Lemon drizzle cake

Tuesday

Dish of the Day

Macaroni cheese

Vegetarian Option

Quorn meatballs in tomato sauce

Sides

Sweetcorn/peas

Dessert

Vegetarian jelly with fruit

Wednesday

Dish of the Day

Roast Gammon

Vegetarian Option

Vegan sausages in gravy

Sides

Fresh cabbage and carrots

Dessert

Fruit crumble and custard

Thursday

Dish of the Day

Mild Chicken curry

Vegetarian Option

Vegetarian lasagne

Sides

Mixed vegetables

Dessert

Banana cake

Friday

Dish of the Day

Coated fish

Vegetarian Option

Vegetable burger

Sides

Beans and homemade chips

Dessert

Date slice

Salad bar and fresh fruit available daily

REFRESH

@ KING ' S S C H O O L

Week 3

Monday

Dish of the Day

BBQ Chicken

Vegetarian Option

Cheese and Vegetable wrap

Sides

Wholemeal rice and mixed vegetables

Dessert

Homemade strawberry mousse

Tuesday

Dish of the Day

Sausage mash and onion gravy

Vegetarian Option

Linda McCartney sausages and mash

Sides

Cauliflower and carrots

Dessert

Shortbread biscuit

Wednesday

Dish of the Day

Roast Chicken

Vegetarian Option

Carrot and courgette with lentil slice

Sides

Broccoli and cabbage

Dessert

Iced vanilla sponge cake

Thursday

Dish of the Day

Cottage pie

Vegetarian Option

Cheese and potato pie

Sides

Sweetcorn and peas

Dessert

Rhubarb Flapjack

Friday

Dish of the Day

Jumbo fish fingers

Vegetarian Option

Mediterranean tart

Sides

Homemade chips and beans

Dessert

Yogurt with a homemade fruit granola

Salad bar and fresh fruit available daily