

REFRESH

@ KING'S SCHOOL

Week 1

Monday

Dish of the Day

Roasted vegetable pizza

Vegetarian Option

Cheese and vegetable wraps

Sides

Sweetcorn/coleslaw

Dessert

Fruit crumble and cream

Tuesday

Dish of the Day

Beef Lasagne

Vegetarian Option

Tomato pasta bake

Sides

Carrot and swede

Dessert

Rhubarb flapjack

Wednesday

Dish of the Day

Roast Turkey

Vegetarian Option

Carrot and courgette slice

Sides

Green beans/broccoli

Dessert

Reduced sugar chocolate cake

Thursday

Dish of the Day

BBQ Chicken

Vegetarian Option

Sweet potato and chickpea
curry

Sides

Rice and peas

Dessert

Vegetarian fruit jelly

Friday

Dish of the Day

Jumbo fish fingers

Vegetarian Option

Vegetable burger

Sides

Reduced sugar beans/corn

Dessert

Coconut shortbread

Salad bar and fresh fruit available daily

REFRESH

@ KING ' S S C H O O L

Week 2

Monday

Dish of the Day

Baked potato with tuna mayo

Vegetarian Option

Baked potato with cheese and
beans

Sides

Sweetcorn/coleslaw

Dessert

Wholemeal mandarin cake

Tuesday

Dish of the Day

Homemade chicken curry

Vegetarian Option

Quorn meatballs and pasta

Sides

Carrots/peas

Dessert

Homemade yogurt and fruit
granola

Wednesday

Dish of the Day

Roast Gammon

Vegetarian Option

Vegan country roast

Sides

Green beans/broccoli

Dessert

Apple crumb cake

Thursday

Dish of the Day

Spaghetti bolognaise

Vegetarian Option

Vegetable stew and dumplings

Sides

Mixed vegetables

Dessert

Homemade strawberry mousse

Friday

Dish of the Day

Fishcakes

Vegetarian Option

Cheese and red onion quiche

Sides

Homemade chips and
beans/peas

Dessert

Chocolate shortbread

Salad bar and fresh fruit available daily

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@ KING'S SCHOOL

Week 3

Monday

Dish of the Day

Macaroni cheese

Pescatarian Option

Tuna pasta bake

Sides

Mixed vegetables

Dessert

Carrot cake

Tuesday

Dish of the Day

Beef enchiladas

Vegetarian Option

Quorn sweet and sour

Sides

Sweetcorn/peas

Dessert

Homemade lemon mousse

Wednesday

Dish of the Day

Roast Chicken

Vegetarian Option

Cauliflower cheese

Sides

Cabbage and green beans

Dessert

Banana Flapjack

Thursday

Dish of the Day

Sausage in onion gravy

Vegetarian Option

Linda McCartney sausage

Sides

Carrots/broad beans

Dessert

Custard cookie

Friday

Dish of the Day

Fish and homemade chips

Vegetarian Option

Cheesy pin wheels

Sides

Reduced sugar beans/baby corn

Dessert

Blueberry sponge cake

Salad bar and fresh fruit available daily