

REFRESH

@ KING'S SCHOOL

Week 1

Monday

Dish of the Day

Beef lasagne

Vegetarian Option

Red pesto pasta with cherry tomatoes

Sides

Sweetcorn/coleslaw

Dessert

Fresh fruit

Tuesday

Dish of the Day

Chicken curry

Vegetarian Option

Sweet potato and chickpea curry

Sides

Rice and peas

Dessert

Rhubarb flapjack

Wednesday

Dish of the Day

Roast Turkey

Vegetarian Option

Carrot and courgette slice

Sides

Green beans/broccoli and potato

Dessert

Reduced sugar chocolate cake

Thursday

Dish of the Day

Sausage and mash

Vegetarian Option

Quorn sausage and mash

Sides

Carrot and swede

Dessert

yogurts

Friday

Dish of the Day

Baked potato
& tuna mayo

Vegetarian Option

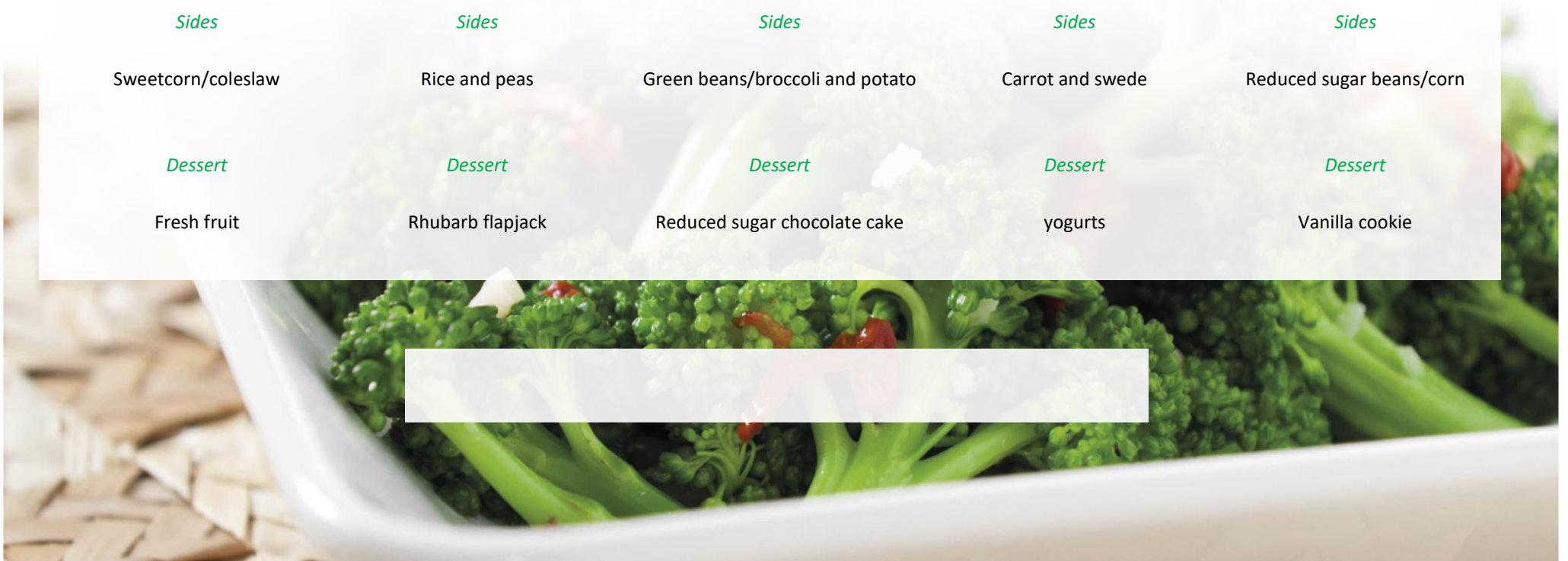
Cheesy baked potato

Sides

Reduced sugar beans/corn

Dessert

Vanilla cookie



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Week 2

Monday

Dish of the Day

Margarita mac and cheese

Vegetarian Option

Vegetarian meatballs in tomato sauce

Sides

Peas/carrots

Dessert

Fresh fruit

Tuesday

Dish of the Day

Sweet potato cottage pie

Vegetarian Option

Vegetable stew and dumpling

Sides

Broccoli /diced swede

Dessert

yogurts

Wednesday

Dish of the Day

Roast gammon

Vegetarian Option

Root vegetable toad in the hole

Sides

New potato and cabbage

Dessert

Carrot cake

Thursday

Dish of the Day

Lamb tagine with minty cous cous

Vegetarian Option

Vegetable tagine and cous cous

Sides

Sweet corn/green beans

Dessert

Iced shortbread

Friday

Dish of the Day

Hunters chicken and rice

Vegetarian Option

Red pepper quiche

Sides

Coleslaw/corn and green salad

Dessert

Chocolate crispy cake

Salad bar and fresh fruit available daily

REFRESH

@ KING ' S S C H O O L

Week 3

Monday

Dish of the Day

Mild Quorn chilli and garlic bread

Vegetarian Option

Spinach and potato curry

Sides

Wholemeal rice and mixed veg

Dessert

Fresh fruit

Tuesday

Dish of the Day

sausages

Vegetarian Option

Vegetable pin wheels

Sides

Paprika potatoes and carrots

Dessert

Shortbread biscuit

Wednesday

Dish of the Day

Roast chicken

Vegetarian Option

Broccoli & cauliflower bake

Sides

potatoes and Broccoli

Dessert

Fruit yogurts

Thursday

Dish of the Day

Beef meatballs in tomato sauce

Vegetarian Option

Tomato, olive & basil
Pasta bake

Sides

Sweetcorn and peas

Dessert

Fresh fruit

Friday

Dish of the Day

Sweet chilli chicken wrap

Vegetarian Option

Roasted vegetable tart

Sides

Green salad Coleslaw/rice

dessert

Strawberry mousse

