

REFRESH

@ KING'S SCHOOL

Week 1

Monday

Dish of the Day

Macaroni cheese

Vegetarian Option

Baked potato and beans

Sides

Mixed vegetables

Salad

Turkey

Dessert

Lemon sponge cake

Tuesday

Dish of the Day

Turkey Bolognese

Vegetarian Option

Vegan bolognese

Sides

Carrots/peas

Salad

Tuna

Dessert

Natural yogurt and granola

Wednesday

Dish of the Day

Roast Gammon and potatoes

Vegetarian Option

Vegan roast

Sides

Broccoli/peas

Salad

Cheese

Dessert

Fruit crumble

Thursday

Dish of the Day

Cottage Pie

Vegetarian Option

Chilli bean cottage pie

Sides

Sweetcorn/cabbage

Salad

Ham

Dessert

Fresh fruit selections

Friday

Dish of the Day

Gluten free

Fish fingers

Vegetarian Option

Quorn sausages

Sides

Chips and beans

Dessert

Wholemeal shortbread

Salad bar and fresh fruit available daily

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@ KING ' S S C H O O L

Week 2

Monday

Dish of the Day

Homemade margarita pizza and wedges

Vegetarian Option

Vegan meatballs in tomato sauce

Sides

green beans/carrots

Salad

Ham

Dessert

Fresh fruit yogurts

Tuesday

Dish of the Day

Beef lasagne

Vegetarian Option

Quorn sweet and sour

Sides

Broccoli/corn

Salad

Cheese

Dessert

Pineapple sponge cake

Wednesday

Dish of the Day

Roast Turkey and potatoes

Vegetarian Option

Vegetable stew and dumplings

Sides

Roast potatoes and cabbage

Salad

Tuna

Dessert

Banana flapjack

Thursday

Dish of the Day

Chicken curry with brown rice

Vegetarian Option

Beetroot falafel and rice

Sides

Cauliflower/peas

Salad

Turkey

Dessert

Fresh fruit selection

Friday

Dish of the Day

Coated Fish

Vegetarian Option

Red pepper quiche

Sides

Chips and beans

Dessert

Carrot cake

Salad bar and fresh fruit available daily

REFRESH

@ KING ' S S C H O O L

Week 3

Monday

Dish of the Day

Fresh pork burgers

Vegetarian Option

Vegetable sausages

Sides

New potatoes and mixed vegetables

Salad

Cheese

Dessert

Rhubarb flapjack

Tuesday

Dish of the Day

Beef enchiladas

Vegetarian Option

Red pesto pasta

Sides

broccoli/peas

Salad

Ham

Dessert

Fresh fruit yogurt

Wednesday

Dish of the Day

Roast Chicken

Vegetarian Option

Vegetable bake

Sides

Carrots/green beans

Salad

Turkey

Dessert

Chocolate biscuits

Thursday

Dish of the Day

Ham Carbonara

Vegetarian Option

Crispy bean wraps

Sides

Sweetcorn/peas

Salad

Tuna

Dessert

Fresh fruit selection

Friday

Dish of the Day

Jumbo fish fingers

Vegetarian Option

Cheese pinwheels

Sides

Crispy chips and beans

Dessert

Banana cake

Salad bar and fresh fruit available daily