

WEEKLY

MENU

KINGSDOWN SCHOOL - AUTUMN WEEK ONE



Monday

Tuesday

Wednesday

Thursday

Friday

Mexican Style Chilli Con Carne

Sour Dough Cheese and Pepperoni Pizza

Roast Breast of Turkey, Stuffing Ball and Cranberry Sauce.

Spaghetti Bolognese

Battered Fish Fillet with Tartar Sauce & Lemon Wedge

Quorn and Bean Chilli Con Carne

Sour Dough Margherita Pizza

Homemade Cauliflower Cheese

Quorn Mince and Red Lentil Bolognese

Oven Baked Spanish Omelette

Braised Brown Rice/Chilli Tortillas

Cajun Spiced Potato Wedges

Roast Potatoes

Garlic Bread /Parmesan Cheese

Chunky Chips

Sweetcorn & Peppers/Sour Cream Dip

Seasonal Salad and Dressing/Garden Peas

A Selection of Seasonal Vegetables

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Baked Beans / British Garden Peas

Pasta with a Selection of Homemade Sauces served with Grated Cheese

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Jacket Potato loaded with a Choice of Fillings served with Salad

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Sultana and Oat Cookie

Homemade Flapjack

Apple Crumble served with Custard Sauce

Ginger Cake

Chocolate Shortbread

Available daily

Available Daily a Selection of Fresh Fruit Pots, Yoghurt Pots, Cheesecake, Jelly Pots, Freshly made Baguettes and Sandwiches and a Selection of Homemade Cakes and Cookies.