

# KINGSWAY INFANT SCHOOL – SCHOOL MEALS AUTUMN 1 2017



## WEEK TWO MENU – WEEK COMMENCING 4<sup>TH</sup> SEPT, 25<sup>TH</sup> SEPT, 16<sup>TH</sup> OCT, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>RED OPTION</b>	Shepherd's Pie	Pork Grill (Red Tractor) Potato Wedges	Roast Chicken Sage & Onion Stuffing <i>(optional)</i> Roast Potatoes or Pasta	Pasta Bolognese	Salmon Fish Fingers Low Fat Chips or Pasta
<b>YELLOW OPTION</b>	(V) Quorn Nuggets Diced Potatoes	(V) Macaroni Cheese Wholemeal Garlic Bread	(V) Spanish Omelette Roast Potatoes or Pasta	(V) Vegetarian Roll Potato Wedges	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
<b>GREEN OPTION</b>	Cheese Baguette Or filling of the day	Chicken Baguette Or filling of the day	Tuna Baguette Or filling of the day	Ham Roll Or filling of the day	Cheese Roll Or filling of the day
<b>All served with seasonal vegetables or a choice from a selection of salad bowls &amp; Freshly Baked Bread</b>					
<i>Followed by</i>	Fruit Crumble and Custard	Fresh Fruit with Mini Oat Cookie	Ice Cream Sandwich	Fruit Cheesecake	Chocolate and Beetroot Muffin
<b>Or Fresh Fruit, Yoghurt, Fruit Jelly Or Cheese &amp; Biscuits</b>					

## WEEK THREE MENU – WEEK COMMENCING 11<sup>TH</sup> SEPT, 2<sup>ND</sup> OCT, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>RED OPTION</b>	Beef Burger in a Bun Potato Wedges	BBQ Chicken Rice	Roast Pork Apple Sauce <i>(optional)</i> Roast Potatoes or Pasta	Traditional Chicken Pie Diced Potatoes	Oven Baked Fish Fingers Low Fat Chips or Pasta
<b>YELLOW OPTION</b>	(V) Vegetarian Lasagne Side Salad	(V) Jacket Potato With Cheese	(V) Roast Quorn Fillet Roast Potatoes or Pasta	(V) Vegetarian Hot Dog Diced Potatoes	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
<b>GREEN OPTION</b>	Tuna Roll Or filling of the day	Cheese Baguette Or filling of the day	Chicken Roll Or filling of the day	Ham Baguette Or filling of the day	Cheese Roll Or filling of the day
<b>All served with seasonal vegetables or a choice from a selection of salad bowls &amp; Freshly Baked Bread</b>					
<i>Followed by</i>	Chocolate Shortbread with Chocolate Sauce	Fresh Fruit with Mini Sultana Cookie	Iced Sponge With Custard	Fruit Pancake with Ice Cream	Golden Krispie With Milkshake
<b>Or Fresh Fruit, Yoghurt, Fruit Jelly Or Cheese &amp; Biscuits</b>					

## WEEK ONE MENU – WEEK COMMENCING 18<sup>TH</sup> SEPT, 9<sup>TH</sup> OCT, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>RED OPTION</b>	Pork Sausages With Onion Gravy <i>(optional)</i> Creamed Potatoes	Creamy Chicken Curry Rice	Roast Beef Yorkshire Pudding Roast Potatoes or Pasta	Chicken Deli Wrap Potato Wedges	Oven Baked Battered Fish Goujons Low Fat Chips or Pasta
<b>YELLOW OPTION</b>	(V) Quorn Stir Fry Noodles	(V) Cheese Slice Diced Potatoes	(V) Vege Toad in the Hole Roast Potatoes or Pasta	(V) Jacket Potato with Baked Beans	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
<b>GREEN OPTION</b>	Chicken Roll Or filling of the day	Cheese Baguette Or filling of the day	Ham Baguette Or filling of the day	Tuna Roll Or filling of the day	Cheese Roll Or filling of the day
<b>All served with seasonal vegetables or a choice from a selection of salad bowls &amp; Freshly Baked Bread</b>					
<i>Followed by</i>	Peach Sponge With Ice Cream	Fresh Fruit with Mini Chocolate Brownie	Lemon Biscuit with Fruit Juice	Fruit Salad with Mini Shortbread Finger	Creamy Vanilla Rice with Fruit Coulis
<b>Or Fresh Fruit, Yoghurt, Fruit Jelly Or Cheese &amp; Biscuits</b>					