

KINGSWAY INFANT SCHOOL – SCHOOL MEALS SPRING 1 2018

Please complete the attached order sheet and return to school by 20th November 2017



WEEK ONE MENU – WEEK COMMENCING 3RD JAN, 22ND JAN 2018.

	Monday	Tuesday	Wednesday	Thursday	Friday
RED OPTION	Sweet Chilli Chicken Tortilla Vegetable Rice	Sausage with Onion Gravy Creamed Potatoes	Roast Chicken with Stuffing Roast Potatoes or Pasta	Beef Bolognaise Wholemeal Pasta	Fish Bites Low Fat Chips or Pasta
YELLOW OPTION	(V) Vegetable Stir Fry Noodles	(V) Savoury Quiche Diced Potatoes	(V) Roast Quorn Fillet Roast Potatoes or Pasta	(V) Cheese Pinwheel Potato Wedges	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
GREEN OPTION	Tuna Baguette Or filling of the day	Chicken Roll Or filling of the day	Cheese Baguette Or filling of the day	Ham Roll Or filling of the day	Egg Roll Or filling of the day
All served with seasonal vegetables or a choice from a selection of salad bowls & Freshly Baked Bread					
<i>Followed by</i>	Baked Winter Berry Crunch with custard	Fresh Fruit Salad with Mini Shortbread Finger	Fruit Cheesecake	Steamed Lemon Sponge with Custard	Fruit Smoothie
Or Fresh Fruit, Yoghurt, Fruit Jelly Or Cheese & Biscuits					

WEEK TWO MENU – WEEK COMMENCING 8TH JAN, 29TH JAN 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
RED OPTION	Chicken and Tomato Pasta Bake Side Salad	Burger in a Bun Potato Wedges	Roast Pork Apple Sauce Roast Potatoes or Pasta	Minced Lamb Slice Creamed Potatoes	Fish Finger Wrap Low Fat Chips or Pasta
YELLOW OPTION	(V) Quorn Nuggets Diced Potatoes	(V) Macaroni Cheese Wholemeal Garlic Bread	(V) Vegetarian Roll Roast Potatoes or Pasta	(V) Jacket Potato Baked Beans	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
GREEN OPTION	Cheese Baguette Or filling of the day	Ham Roll Or filling of the day	Egg Roll Or filling of the day	Tuna Baguette Or filling of the day	Chicken Roll Or filling of the day
All served with seasonal vegetables or a choice from a selection of salad bowls & Freshly Baked Bread					
<i>Followed by</i>	Chocolate Brickwall with Sauce	Fresh Fruit Salad with Ginger Sponge Finger	Golden Krispie with Custard	Apple Crumble with Custard	Orange and Carrot Cupcake
Or Fresh Fruit, Yoghurt, Fruit Jelly Or Cheese & Biscuits					

WEEK THREE MENU – WEEK COMMENCING 15TH JAN, 5TH FEB 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
RED OPTION	Pork Grills Tomato Rice	Lasagne Side Salad	Roast Beef Yorkshire Pudding Roast Potatoes Or Wholemeal Pasta	Traditional Chicken Pie Creamed Potatoes	Bubble Coated Fish Low Fat Chips or Pasta
YELLOW OPTION	(V) Cheese Slice Potato Wedges	(V) Vegetable Cobbler Diced Potatoes	(V) Vegetarian Burrito Wholemeal Pasta	(V) Quorn Hot Dog Potato Wedges	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
GREEN OPTION	Tuna Baguette Or filling of the day	Egg Roll Or filling of the day	Chicken Roll Or filling of the day	Cheese Roll Or filling of the day	Ham Baguette Or filling of the day
All served with seasonal vegetables or a choice from a selection of salad bowls & Freshly Baked Bread					
<i>Followed by</i>	Toffee Sponge with Custard	Fresh Fruit Salad with Mini Oat Cookie	Strawberry Mousse	Pancake with Fruit and Custard	Chocolate Cherry Muffin
Or Fresh Fruit, Yoghurt, Fruit Jelly Or Cheese & Biscuits					