

KINGSWAY INFANT SCHOOL – SCHOOL MEALS SPRING 2 017



WEEK ONE MENU – WEEK COMMENCING 20TH FEB, 13TH MARCH 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
RED OPTION	Pork Sausages With Onion Gravy <i>(optional)</i> Potato Wedges	Beef Bolognese Wholemeal Spaghetti	Roast Chicken Sage and Onion Stuffing Roast Potatoes or Pasta	Shepherd's Pie Creamed Potatoes	Oven Baked Battered Fish Fillet Low Fat Chips or Pasta
YELLOW OPTION	(V) Wallace and Gromit BBQ Pasta Garlic Bread	(V) Cheese and Onion Pasty Diced Potatoes	(V) Roast Quorn Fillet Roast Potatoes or Pasta	(V) Vegetarian Toad in the Hole Creamed Potatoes	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
All served with seasonal vegetables or a choice from a selection of salads bowls & Freshly Baked Bread					
<i>Followed by</i>	Fresh Fruit Salad Shortbread Biscuit	Apple Crumble With Custard	Chocolate and Mandarin Sponge with Chocolate Sauce	Iced Fruit Smoothie	Mini Gingerbread and Fresh Fruit
Or Fruit Yoghurt, Jelly & Biscuit, Fresh Fruit Slices Or Crackers & Cheese					

GREEN OPTION	Cheese Roll Or filling of the day Shortbread Biscuit Vegetable Sticks Fruit Slices & Juice	Chicken Baguette Or filling of the day Organic Fruit Yoghurt Vegetable Sticks Fruit Slices & Juice	Ham Baguette Or filling of the day Chocolate & Mandarin Sponge Vegetable Sticks Fruit Slices & Juice	Tuna Roll Or filling of the day Iced Fruit Smoothie Vegetable Sticks Fruit Slices & Juice	Cheese Roll Or filling of the day Mini Gingerbread Vegetable Sticks Fruit Slices & Juice
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WEEK TWO MENU – WEEK COMMENCING 27TH FEB, 20TH MARCH 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
RED OPTION	Chicken Pasta Bake Crusty Bread	Burger in a Bun Potato Wedges	Roast Pork Apple Sauce <i>(optional)</i> Roast Potatoes or Pasta	Meatloaf Creamed Potatoes	Breaded Salmon Low Fat Chips or Pasta
YELLOW OPTION	(V) Jacket Potato with Rich Tomato Bolognese	(V) Vegetable Burger in a Bun Potato Wedges	(V) Quorn Deli Wrap Roast Potatoes or Pasta	(V) Macaroni Cheese Wholemeal Garlic Bread)	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
All served with seasonal vegetables or a choice from a selection of salads bowls & Freshly Baked Bread					
<i>Followed by</i>	Bana Loaf with Custard	Frozen Yoghurt With Fruit	Scotch Pancake With Fruit and Ice Cream	Sticky Chocolate Muffin With Fruit Juice	Mini Oat Biscuit with Fresh Fruit
Or Fruit Yoghurt, Jelly & Biscuit, Fresh Fruit Slices Or Crackers & Cheese					

GREEN OPTION	Cheese Baguette Or filling of the day Banana Loaf Vegetable Sticks Fruit Slices & Juice	Chicken Baguette Or filling of the day Frozen Yoghurt Vegetable Sticks Fruit Slices & Juice	Tuna Baguette Or filling of the day Shortbread Biscuit Vegetable Sticks Fruit Slices & Juice	Ham Roll Or filling of the day Sticky Chocolate Muffin Vegetable Sticks Fruit Slices & Juice	Cheese Roll Or filling of the day Oat Biscuit Vegetable Sticks Fruit Slices & Juice
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WEEK THREE MENU – WEEK COMMENCING 6TH MARCH, 27TH MARCH 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
RED OPTION	Chicken With BBQ Sauce <i>(optional)</i> Potato Wedges	Beefy Pasta Bake	Roast Gammon Roast Potatoes or Pasta	Traditional Chicken Pie Creamed Potatoes	Fish Fingers Low Fat Chips or Pasta
YELLOW OPTION	(V) Cheesy Pin Wheels Potato Wedges	(V) Quorn Hot Dog Diced Potatoes)	(V) Potato Bake Pasta	(V) Jacket Potato With Baked Beans	(V) Cheese and Tomato Pizza Low Fat Chips or Pasta
All served with seasonal vegetables or a choice from a selection of salads bowls & Freshly Baked Bread					
<i>Followed by</i>	Fruity Muffin with Milkshake	Raspberry Mousse	Banoffee Ice Cream	Lemon Biscuit With Custard	Mini Sponge Finger With Fresh Fruit
Or Fruit Yoghurt, Jelly & Biscuit, Fresh Fruit Slices Or Crackers & Cheese					

GREEN OPTION	Tuna Roll Or filling of the day Fruity Muffin Vegetable Sticks Fruit Slices & Juice	Chicken Baguette Or filling of the day Shortbread Biscuit Vegetable Sticks Fruit Slices & Juice	Cheese Roll Or filling of the day Ice Cream Tub Vegetable Sticks Fruit Slices & Juice	Ham Baguette Or filling of the day Organic Fruit Yoghurt Vegetable Sticks Fruit Slices & Juice	Cheese Roll Or filling of the day Sponge Finger Vegetable Sticks Fruit Slices & Juice
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