

Kenmore Park Junior School



Autumn / Winter 2017

Week 1

W/Comm- 4th Sept, 25th Sept,
16th Oct, 13th Nov & 4th Dec

Main Option

Option 2
Vegetarian

Alternative

Vegetables

Dessert

Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Vegetable Sausage served with Mashed Potato and Gravy	Roast Chicken Thigh served with Stuffing, Roast Potatoes and Gravy	Chicken, Tomato and Mixed Pepper Bake served with Steamed Rice	Turkey Bolognese served with Spaghetti	Golden Fish Fingers served with Chips
Vegetarian Lasagne served with a Garlic Slice	Cheddar and Caramelised Red Onion Quiche served with Roast Potatoes	Vegetable Burger served in a Bun with Homemade Tomato Sauce	Sweet Potato and Chick Pea Curry served with Steamed Rice	Crispy Vegetable Nuggets served with Chips
Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Tomato and Basil Pasta Twists	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Macaroni Cheese	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
Sweetcorn Tossed Salad	Stir-fried Cabbage and Leeks Baton Carrots	Cauliflower Winter Slaw	Sliced Carrots Green Beans	Baked Beans Garden Peas
Lemon Pudding with Custard	Strawberry Jelly	Pear and Ginger Crumble with Custard	Vanilla Sponge with Custard	Fruity Muffin

Week 2

W/Comm- 11th Sept, 2nd Oct,
30th Oct, 20th Nov & 11th Dec

Main Option

Option 2
Vegetarian

Alternative

Vegetables

Dessert

Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Creamy Vegetable Pasta Bake	Roast Turkey served with Stuffing, Roast Potatoes and Gravy	BBQ Chicken and Sweetcorn Pizza served with Herby Diced Potatoes	Tandoori Chicken Thigh served with Naan Bread	Breaded Fish Fillet served with Chips
Mashed Potato Topped Vegetarian Pie	Vegetable and Mixed Bean Pasty served with Roast Potatoes and Gravy	Cheese and Tomato Pizza served with Herby Diced Potatoes	Cherry Tomato and Pesto Pasta	Vegetarian Sausage served with Chips
Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Fusilli with Tomato and Mascarpone Sauce	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Broccoli Cheese Pasta Bake	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
Broccoli Sweetcorn	Braised Red Cabbage Green Beans	Garden Peas Roasted Root Vegetables	Mixed Vegetable Medley	Spaghetti Hoops Garden Peas
Jam Roly Poly with Custard	Frozen Yoghurt	Apple and Cinnamon Pie with Custard	Fruit Salad with Shortbread Finger	Chocolate and Beetroot Cake

Week 3

W/Comm- 18th Sept, 9th Oct,
6th Nov, 27th Nov & 18th Dec

Main Option

Option 2
Vegetarian

Alternative

Vegetables

Dessert

Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Mushroom Stroganoff served with Steamed Rice	Roast Chicken Thigh served with Stuffing, Roast Potatoes and Gravy	Chicken Sausage served with Mashed Potato and Red Onion Gravy	Cajun Chicken Pizza served with Potato Wedges	White Fish or Salmon Goujons served with Chips
Roasted Vegetable Gratin served with New Potatoes	Spanish Omelette served with Roast Potatoes	Macaroni Cheese	Red Pepper and Sweetcorn Pizza served with Potato Wedges	Cheese and Tomato Turnover served with Chips
Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Roasted Vegetable Pasta Bake	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Spicy Tomato Pasta Bake	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
Roast Parsnips Baton Carrots	Mashed Carrot and Swede	Broccoli Sweetcorn	Green Beans Cauliflower	Baked Beans Mushy Peas
Mixed Fruit Cobbler with Custard	Vanilla Cheesecake	Marble Cake with Custard	Eves Pudding with Custard	Iced Orange Sponge



We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.

