

KENMORE PARK PRIMARY

Autumn - Winter 2018



WEEK 1

3/9, 24/9, 15/10, 12/11, 3/12

Option 1

Option 2 v Vegetarian

Option 3

Vegetables

Dessert

WEEK 2

10/9, 1/10, 29/10, 19/11, 10/12

Option 1

Option 2 v Vegetarian

Option 3

Vegetables

Dessert

WEEK 3

17/9, 8/10, 5/11, 26/11, 17/12

Option 1

Option 2 v Vegetarian

Option 3

Vegetables

Dessert

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Creamy Vegetable Pie with a Puff Pastry Top served with New Potatoes	Roast Turkey served with Stuffing, Roast Potatoes and Gravy	Chicken Meatballs In Tomato Sauce served with Spaghetti	Lamb Bolognaise Pasta Bake	Salmon or Cod Fish Fingers served with Chips
Option 2 v Vegetarian	Macaroni Cheese v	Cauliflower and Broccoli Cheese Bake served with Roast Potatoes v	Bean Burger served in a Bun with Homemade Tomato Sauce v	Sweet Potato and Chick Pea Curry served with Rice v	Vegetable Nuggets served with Chips v
Option 3	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	Spicy Tomato Pasta Bake	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
Vegetables	Cauliflower Roasted Root Vegetables	Carrots Garden Peas	Sweetcorn Steamed Cabbage	Green Beans Carrots	Garden Peas Baked Beans
Dessert	Flapjack	Orange Jelly with Mandarins	Fruit Crumble served with Custard	Fruity Cookie	Chocolate Sponge with Chocolate Custard
	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	BBQ Vegetable Pizza served with Potato Wedges	Roast Chicken served with Stuffing, Roast Potatoes and Gravy	Mild Turkey Curry served with Rice	Traditional Shepherds Pie	Battered Fish served with Chips
Option 2 v Vegetarian	Cheese and Tomato Pizza served with Potato Wedges v	Sweet Potato and Lentil Wellington served with Roast Potatoes and Gravy v	Pesto and Cherry Tomato Pasta Twists v	Mixed Bean Chilli Con Carne served with Steamed Rice v	Vegetarian Sausage served with Chips v
Option 3	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Tuna and Sweetcorn Pasta Bake	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Cheesy Tomato Pasta Twists	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
Vegetables	Broccoli Sweetcorn	Carrots Garden Peas	Sweetcorn Carrots	Roast Parsnips Green Beans	Garden Peas Baked Beans
Dessert	Winter Berry Sponge with Custard	Carrot Cake	Wholemeal Shortbread with Apple Slices	Gingerbread with Custard	Vanilla Ice Cream
	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Vegetable and Chick Pea Jambalaya	Roast Turkey served with Stuffing, Roast Potatoes and Gravy	Chicken Sausage served with Mashed Potato and Gravy	Lamb Lasagne served with Garlic Bread	Golden Fish Fingers served with Chips
Option 2 v Vegetarian	Cheese and Potato Bake v	Cheese and Onion Puff served with Roast Potatoes v	Vegetarian Sausage served with Mashed Potato and Gravy v	Vegetable Lasagne served with Garlic Bread v	Spanish Omelette served with Chips v
Option 3	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	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Neapolitan Pasta Bake
Vegetables	Garden Peas Carrots	Sweetcorn Cauliflower	Butternut Squash Green Beans	Carrots Sweetcorn	Garden Peas Baked Beans
Dessert	Apple and Cinnamon Whirl	Jam and Coconut Sponge with Custard	Sticky Toffee Pudding with Toffee Sauce	Apple and Cherry Pie with Custard	Gluten Free Chocolate Brownie



Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily

THIS MENU SUPPORTS:



radish
IT'S ALL GOOD

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.