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| C:\Users\NRS\Desktop\Logo.jpgKey Stage 1&2 orders for primary schools  Meals are FREE for key stage 1 pupils and Charged at £2.60 a meal for key stage 2 pupils.  Cheques payable to KINGSMEAD SCHOOL.  PUPIL NAME…………………….........CLASS………………..........Amount Enclosed £………………… No. of Meals ordered………… | | | | | |
| Week: Oct 16th | | **Week: Oct 30th** | | **Week: Nov 6th** | |
| Monday | | **Monday** | | **Monday** | |
| Pork Sausage & Caramelised Onion Sauce | **1** |  |  | Beef Burger in a Bun with Wedges | **1** |
| Vegetable Sausage & Caramelised Onion Sauce | **v** |  |  | Mixed Bean & Vegetable Hot Pot | **v** |
| Peas, Carrots & Creamy Mash | | **Inset Day** | | Mixed Salad | |
| Cheese Sandwich Packed Lunch | **2** |  |  | Ham Roll & Salad | **2** |
| Blueberry Muffin | **A** |  |  | Artic Roll | **A** |
| Fresh Fruit or Yoghurt | **B** |  |  | Fresh Fruit or Yoghurt | **B** |
| Tuesday | | **Tuesday** | | **Tuesday** | |
| Pasta Bolognaise with peas | **1** | Meatball with a Tomato Herb Sauce | **1** | Chicken Korma with Rice & Naan Bread | **1** |
| Vegetable Bolognaise | **v** | Vegetable Lasagne | **v** | Cauliflower & Broccoli Cheese Bake | **v** |
| Peas | | Garlic Bread Sweetcorn & Broccoli | | Peas | |
| Chicken Salad | **2** | Jacket Potato with Cheese & Beans | **2** | Tuna Wrap Packed Lunch | **2** |
| Strawberry Angel Delight | **A** | Chocolate Sponge with Chocolate Sauce | **A** | Cherry & Apple Crumble with Custard | **A** |
| Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** |
| Wednesday | | **Wednesday** | | **Wednesday** | |
| Roast Pork Loin with Apple Sauce & Gravy | **1** | Baked Chicken & Gravy | 1 | Roast Gammon with Gravy | **1** |
| Chunky Vegetable & Quorn Hot Pot | **v** | Creamy Vegetable & Butter Bean Pie | v | Vegetable & Lentil Bake with a Savoury Topping | **v** |
| Roast Potatoes, Carrot & Peas | | Roast Potatoes, Green Beans & Carrots | | Roast Potatoes & Medley of Mixed Vegetables | |
| Ham Roll & Salad | **2** | Chicken Sandwich Packed Lunch | **2** | Tuna Salad | **2** |
| Flapjack | **A** | Flapjack | **A** | Shortbread | **A** |
| Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** |
| Thursday | | **Thursday** | | **Thursday** | |
| Beef & Tomato Lasagne | **1** | Beef Chilli Con Carne & Rice | **1** | Turkey & Vegetable Pie | **1** |
| Vegetable & Mixed Pasta Bake | **v** | Mushroom & Spinach Barley Risotto | **v** | Macaroni Cheese Topped with Tomato | **v** |
| Peas & Sweetcorn | | Crusty Roll | | Boiled Potatoes, Peas & Sweetcorn | |
| Cheese Sandwich Packed lunch | **2** | Egg Salad | **2** | Sardine Salad & Potato | **2** |
| Apple Crumble & Custard | **A** | Carrot Cake | **A** | Rice Krispie Cake | **A** |
| Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** |
| Friday | | **Friday** | | **Friday** | |
| Baked Breaded Fish | **1** | Fish Fingers | **1** | Baked Breaded Fish | **1** |
| Vegetable Sausage | **v** | Quorn Burger | **v** | Vegetable Nuggets | **v** |
| Sauté Potatoes & Baked Beans | | Potato Wedges, Peas & Tomato Sauce | | Potato Wedges & Baked Beans | |
| Jacket Potato with Cheese & Beans | **2** | Cheese & Cucumber Wrap with Salad | **2** | Jacket Potato with Cheese & Beans | **2** |
| Jam Sponge with Custard | **A** | Banana Cake & Custard | **A** | Fruit & Strawberry Jelly | **A** |
| Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** |

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| Circle O your choice of either 1, V,2 and either A or B \* packed Lunch option includes A & Choice Fruit or Yoghurt  *Special dietary requirements can be catered for.* Please contact your child’s School in the first Instance. Allergy Advice: your child’s School Holds information on allergens contained with the key stage 1 & 2 menus |

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| C:\Users\NRS\Desktop\Logo.jpgKey Stage 1&2 orders for primary schools  Meals are FREE for key stage 1 pupils and Charged at £2.60 a meal for key stage 2 pupils.  Cheques payable to KINGSMEAD SCHOOL.  PUPIL NAME…………………….........CLASS………………..........Amount Enclosed £………………… No. of Meals ordered………… | | | | | |
| Week: Nov 13th | | **Week: Nov 20th** | | **Week: Nov 27th** | |
| Monday | | **Monday** | | **Monday** | |
| Pork Sausage & Caramelised Onion Sauce | **1** | Cottage Pie with Root Vegetables | **1** | Beef Burger in a Bun with Wedges | **1** |
| Vegetable Sausage & Caramelised Onion Sauce | **v** | Quorn with Spinach & Vegetable Potato Pie | **v** | Mixed Bean & Vegetable Hot Pot | **v** |
| Peas, Carrots & Creamy Mash | | Carrots & Cabbage | | Mixed Salad | |
| Cheese Sandwich Packed Lunch | **2** | Cheese & Coleslaw Salad | **2** | Ham Roll & Salad | **2** |
| Blueberry Muffin | **A** | Fruit Smoothies | **A** | Artic Roll | **A** |
| Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** |
| Tuesday | | **Tuesday** | | **Tuesday** | |
| Pasta Bolognaise | **1** | Meatball with a Tomato Herb Sauce | **1** | Chicken Korma with Rice & Naan Bread | **1** |
| Vegetable Bolognaise | **v** | Vegetable Lasagne | **v** | Cauliflower & Broccoli Cheese Bake | **v** |
| Peas | | Garlic Bread Sweetcorn & Broccoli | | Peas | |
| Chicken Salad | **2** | Jacket Potato with Cheese & Beans | **2** | Tuna Wrap Packed Lunch | **2** |
| Strawberry Angel Delight | **A** | Chocolate Sponge with Chocolate Sauce | **A** | Cherry & Apple Crumble with Custard | **A** |
| Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** |
| Wednesday | | **Wednesday** | | **Wednesday** | |
| Roast Pork Loin with Apple Sauce & Gravy | **1** | Baked Chicken & Gravy | 1 | Roast Gammon with Gravy | **1** |
| Chunky Vegetable & Quorn Hot Pot | **v** | Creamy Vegetable & Butter Bean Pie | v | Vegetable & Lentil Bake with a Savoury Topping | **v** |
| Roast Potatoes, Carrot & Peas | | Roast Potatoes, Green Beans & Carrots | | Roast Potatoes & Medley of Mixed Vegetables | |
| Ham Roll & Salad | **2** | Chicken Sandwich Packed Lunch | **2** | Tuna Salad | **2** |
| Flapjack | **A** | Flapjack | **A** | Shortbread | **A** |
| Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** |
| Thursday | | **Thursday** | | **Thursday** | |
| Beef & Tomato Lasagne | **1** | Beef Chilli Con Carne & Rice | **1** | Turkey & Vegetable Pie | **1** |
| Vegetable & Mixed Pasta Bake | **v** | Mushroom & Spinach Barley Risotto | **v** | Macaroni Cheese Topped with Tomato | **v** |
| Peas & Sweetcorn | | Crusty Roll | | Boiled Potatoes, Peas & Sweetcorn | |
| Cheese Sandwich Packed lunch | **2** | Egg Salad | **2** | Sardine Salad & Potato | **2** |
| Apple Crumble & Custard | **A** | Carrot Cake | **A** | Rice Krispie Cake | **A** |
| Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** |
| Friday | | **Friday** | | **Friday** | |
| Baked Breaded Fish | **1** | Fish Fingers | **1** | Baked Breaded Fish | **1** |
| Vegetable Sausage | **v** | Quorn Burger | **v** | Vegetable Nuggets | **v** |
| Sauté Potatoes & Baked Beans | | Potato Wedges, Peas & Tomato Sauce | | Potato Wedges & Baked Beans | |
| Jacket Potato with Cheese & Beans | **2** | Cheese & Cucumber Wrap with Salad | **2** | Jacket Potato with Cheese & Beans | **2** |
| Jam Sponge with Custard | **A** | Banana Cake & Custard | **A** | Fruit & Strawberry Jelly | **A** |
| Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** | Fresh Fruit or Yoghurt | **B** |

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| Circle O your choice of either 1, V,2 and either A or B \* packed Lunch option includes A & Choice Fruit or Yoghurt  *Special dietary requirements can be catered for.* Please contact your child’s School in the first Instance. Allergy Advice: your child’s School Holds information on allergens contained with the key stage 1 & 2 menus |