|  |
| --- |
| C:\Users\NRS\Desktop\Logo.jpgKey Stage 1&2 orders for primary schoolsMeals 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** |

|  |
| --- |
| 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 |

|  |
| --- |
| C:\Users\NRS\Desktop\Logo.jpgKey Stage 1&2 orders for primary schoolsMeals 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** |

|  |
| --- |
| 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 |