



# Kingsmoor Lunch Menu

## Week 6

### Monday

Cheese & Tomato Pizza  
Sweetcorn & Salad Bar

Or

Jacket Potato— Cheese or Tuna Mayo  
Angel Delight

### Tuesday

Southern Crumbed Chicken or Quorn Fillet  
Served with a Tomato Spaghetti & Salad Bar  
Jacket Potato— Baked Beans or Tuna Mayo  
Magic Chocolate Pudding

### Wednesday

Roast Pork or Lentil Roast  
Served with Roast Potatoes, Carrots, Green Beans  
& Yorkshire Puddings  
100% Fruit Lolly

### Thursday

Sausage Roll or Cheese & Tomato Turnover  
Served with Mashed Potatoes & Peas  
Or  
Jacket Potato— Tuna Mayo  
Fresh Fruit Platter

### Friday

Oven Baked Fish Fingers Or Quorn Dippers  
Served with Chips, Peas, Sweetcorn Medley & Salad Bar  
Paradise Cake

## Week 7

### Monday

Macaroni Cheese or Tomato Pasta Bake  
Served with Garlic Bread & Salad Bar

Deli Roll—Tuna & Sweetcorn

Fruit Smoothies

### Tuesday

Sausage Roll or Vegetarian Sausage Roll

Served with Baked Beans or Salad Bar

Apple Shortcake & Custard

### Wednesday

Roast Chicken or Sage Quorn Fillet

Served with Roast Potatoes, Carrots & Broccoli

& Yorkshire Puddings

Ice Cream

### Thursday

Cheese & Tomato Turnover

Served with Potatoes & Peas

Or

Jacket Potaro—Cheese

Fresh Fruit Platter

### Friday

Fishwich—Fish Fillet in a Bun with Lettuce & Mayo

Omelette

Served with Chips, Baked Beans & Sweetcorn

Salad Bar

Fairy Cakes



## Week 1

### Monday—Meat Free Monday

Shepherds Pie Or Shepherd less Pie

Served with Peas & Carrots

Or

Jacket Potato with Cheese /Tuna

Fruit Platter

### Tuesday

Sausage Toad in the Hole Or Vegetarian Toad in the Hole

Served with creamy mash, beans & Sweetcorn

Or

Deli Roll—Ham or Egg

Apple & Pear Crumble & Custard

### Wednesday

Roast Turkey Or Quorn Fillet

Served with Roast Potatoes, Carrots,

Broccoli & Yorkshire Puddings

Ice Cream with a Choice of sauce

### Thursday

Sausage Casserole Or Mixed Bean Goulash

Or

Deli Roll— Ham or Tuna

Chocolate & Orange Sponge

With a chocolate sauce

### Friday

Baked Bubble Coated Cod Fillet

Or

Roasted Vegetable Parcels

Served with Chips & Peas

Frozen Yoghurt Pots



All food is sourced locally, fresh and homemade





**Week 2**

**Monday**

Kingsmoor Brunch (Chipolata, Bacon & Scrambled Egg)  
Vegetarian Brunch ( 2x Quorn Chipolatas & Scrambled Egg)  
Served with Bread, Baked Beans, Button Mushrooms & Baked Tomato  
Pancakes with Banana & Maple Syrup

**Tuesday**

Traditional Chicken Pie Or Cheese & Tomato Quiche  
Served with Potatoes, Sweetcorn, Garden Peas  
Or  
Jacket Potato with Cheese/Tuna  
Artic Roll

**Wednesday**

Roast Chicken or Sage Quorn Fillet  
Served with Roast Potatoes , roasted vegetables  
& Yorkshires pudding  
Fresh Fruit Platter

**Thursday**

Spaghetti Bolognese or Spaghetti Napolitaine  
Garlic Bread & Salad  
Gingerbread Sponge & Vanilla Custard

**Friday**

Oven Baked Fish Fingers or Vegetable Nuggets  
Served with Chips, Peas, Baked Beans & Salad Bar  
Favourite Cookie & Milk

**Week 3**

**Monday**

Cottage Pie or Shepherd less Pie  
Served with Peas & Carrots  
Or  
Deli Roll—Tuna & Sweetcorn  
Shortbread Finger & Milk

**Tuesday**

Chicken or Vegetarian Burger in a Brioche Bun  
With Lettuce, Tomato & Mayo  
Served with Edgy Wedges, Baked Beans, Coleslaw  
Ice Cream Wafer & Raspberry Sauce

**Wednesday**

Roast Lamb or Golden Vegetable Loaf  
Served with Roast Potatoes, Carrots and Green Beans  
Rice Pudding

**Thursday**

Lancashire Hot Pot or Vegetarian Hotpot  
Served with Broccoli & Cauliflower Florets,  
Or  
Jacket Potato—Cheese & Beans  
Sponge & Custard

**Friday**

Oven Baked Chunky Fish Fingers  
Vegetarian Cowboy Casserole  
(Quorn Sausage Slices in Tomato & Cannellini Stew)  
Served with Chips, Peas & Salad Bar  
Melon, Grape & Pineapple Pots



**Week 4**

**Monday**

Pepperoni or Cheese & Tomato Pizza  
Served with Sweetcorn & Salad Bar  
Fresh Fruit Platter

**Tuesday**

Chicken or Vegetarian Fajitas  
& Salad Bar  
Deli Roll— Tuna Mayo  
Carrot Cake

**Wednesday**

Roast Beef Or Sage Quorn Fillet  
Served with Roast Potatoes, Carrots,  
Shredded Cabbage & Yorkshire Puddings  
Artic Roll

**Thursday**

Chicken Casserole or Mixed Bean Goulash  
With Baby Dumplings & Seasonal Vegetables  
Jacket Potato— Cheese & Beans  
Waffles with Warm Winter Fruits

**Friday**

Baked Bubble Coated Cod Fillet  
Or  
Omelette  
Served with Chips , Baked Beans & Salad Bar  
Flapjack & Fruit Slices

**Week 5**

**Monday**

Pasta Bolognese or Tomato & Basil Pasta Bake  
Served with Garlic Bread & Salad Bar  
Deli Roll—Ham or Egg  
Fresh Fruit Platter

**Tuesday**

Turkey Burger or Cheese & Leek Fritter in a Brioche Bun  
With Lettuce, Tomato & Mayo  
Served with Edgy Wedges & Salad Bar  
Gingerbread Man with an Orange Smile

**Wednesday**

Roast Turkey or Smothered Quorn Sausages  
Served with Roast Potatoes, Carrots & Cauliflower  
Cranberry & Coconut Snowballs

**Thursday**

Bacon & Pea Bow Tie Pasta or Quorn & Pea Bow Tie Pasta  
Salad Bar  
Chocolate & Pear Pudding

**Friday**

Oven Baked Chunky Fish Fingers  
Or Sweetcorn & Pepper Tart  
Served with Chips, Peas & Salad Bar  
Ice Cream Pots

