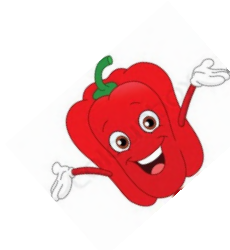


Kingsmoor Lunch Menu



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

Jacket Potato Day with Cheese, Beans Or Tuna

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 Gammon or Golden Vegetable Loaf
Served with Roast Potatoes, Carrots and Green Beans
Fruit Smoothie

Thursday

Chicken or Vegetable Curry
Served with Rice and Naan Bread,
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 Quorn Casserole
With 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 Bale
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
Strawberry Delight





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
Cornflake Tart

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

