

REFRESH

@ KING ' S S C H O O L

Week 1

Monday

Dish of the Day

Beef Pie

Vegetarian Option

Quorn Sausage

Sides

Creamed potato

Green Beans

Dessert

Fruit Yogurt and Granola

Tuesday

Dish of the Day

Pasta Carbonara

Vegetarian Option

Veggie Bolognese

Sides

Peas

Dessert

Vanilla sponge cake

Wednesday

Dish of the Day

Roast Turkey

Vegetarian Option

Cheese and potato pie

Sides

Roast potatoes

Green beans

Dessert

Chocolate crispy bar

Thursday

Dish of the Day

BBQ Chicken

Vegetarian Option

Sweet potato curry

Sides

Carrots

Yellow Rice

Dessert

Custard cookies

Friday

Dish of the Day

Fish Fingers

Vegetarian Option

Spanish Omelette

Sides

Beans and or sweetcorn

Chipped potatoes

Dessert

Jelly and Fruit cocktail

Salad bar and fresh fruit available daily



@ KING ' S SCHOOL

Week 2

Monday

Dish of the Day

Pork sausage and creamy mash

Vegetarian Option

Savoury Quorn mince
And creamy mash

Sides

peas

Dessert

Chocolate oat cookies

Tuesday

Dish of the Day

Baked potato with
Tuna and mayo

Vegetarian Option

Baked potato with cheese
And/or beans

Sides

sweetcorn

Dessert

Lime Jelly

Wednesday

Dish of the Day

Roast Gammon

Vegetarian Option

Cauliflower cheese

Sides

Carrots and swede

Dessert

Coconut granola bar

Thursday

Dish of the Day

Beef bolognaise
With pasta

Vegetarian Option

Tomato and Cheese Pasta

Sides

Green Beans

Dessert

Lemon sponge cake

Friday

Dish of the Day

Fish and chipped potatoes

Vegetarian Option

Red pepper quiche

Sides

Beans or Peas

Dessert

Banana whip

Salad bar and fresh fruit available daily

REFRESH

@ KING ' S S C H O O L

Week 3

Monday

Dish of the Day

Mild chicken curry

Vegetarian Option

Vegetable wraps

Sides

Savoury rice

Dessert

Chocolate Brownie

Tuesday

Dish of the Day

Cheese and Bacon pasta

Vegetarian Option

Cheese and tomato pizza

Sides

New potatoes and sweetcorn

Dessert

Mandarin Jelly

Wednesday

Dish of the Day

Roast Chicken

Vegetarian Option

Mediterranean tart

Sides

Roast potatoes and carrots

Dessert

Eton Mess

Thursday

Dish of the Day

Cottage pie

Vegetarian Option

Vegetable lasagne

Sides

Green beans

Dessert

Rhubarb Flapjack

Friday

Dish of the Day

Jumbo fish fingers

Vegetarian Option

Veggie burgers

Sides

Beans

Dessert

Fruit crumble and cream

Salad bar and fresh fruit available daily