

KENMORE PARK PRIMARY SCHOOL

Autumn / Winter 2017



WEEK 1

Main Option

Monday.
Vegetable Sausage served with Mashed Potato and Gravy

Tuesday.
Roast Chicken Thigh served with Stuffing, Roast Potatoes and Gravy


Wednesday.
Chicken, Tomato and Mixed Pepper Bake served with Steamed Rice


Thursday.
Turkey Bolognese served with Spaghetti


Friday.
Golden Fish Fingers served with Chips

Option 2 
Vegetarian

Vegetarian Lasagne served with a Garlic Slice 

Cheddar and Caramelised Red Onion Quiche served with Roast Potatoes 

Vegetable Burger served in a Bun with Homemade Tomato Sauce 

Sweet Potato and Chick Pea Curry served with Steamed Rice 

Crispy Vegetable Nuggets served with Chips 

Alternative

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw

Tomato and Basil Pasta Twists

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw

Macaroni Cheese

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw

Vegetables

Sweetcorn Tossed Salad

Stir-fried Cabbage and Leeks Baton Carrots

Cauliflower Winter Slaw

Sliced Carrots Green Beans

Baked Beans Garden Peas

Dessert

Lemon Pudding with Custard

Strawberry Jelly

Pear and Ginger Crumble with Custard

Vanilla Sponge with Custard

Fruity Muffin

WEEK 2

Main Option

Monday.
Creamy Vegetable Pasta Bake

Tuesday.
Roast Turkey served with Stuffing, Roast Potatoes and Gravy


Wednesday.
BBQ Chicken and Sweetcorn Pizza served with Herby Diced Potatoes


Thursday.
Tandoori Chicken Thigh served with Naan Bread

Friday.
Breaded Fish Fillet served with Chips


Option 2 
Vegetarian

Mashed Potato Topped Vegetarian Pie 

Vegetable and Mixed Bean Pasty served with Roast Potatoes and Gravy 

Cheese and Tomato Pizza served with Herby Diced Potatoes 

Cherry Tomato and Pesto Pasta 

Vegetarian Sausage served with Chips 

Alternative

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw

Fusilli with Tomato and Mascarpone Sauce

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw

Broccoli Cheese Pasta Bake

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw

Vegetables

Broccoli Sweetcorn

Braised Red Cabbage Green Beans

Garden Peas Roasted Root Vegetables

Mixed Vegetable Medley

Spaghetti Hoops Garden Peas

Dessert

Jam Roly Poly with Custard

Frozen Yoghurt

Apple and Cinnamon Pie with Custard

Fruit Salad with Shortbread Finger

Chocolate and Beetroot Cake

WEEK 3

Main Option

Monday.
Mushroom Stroganoff served with Steamed Rice

Tuesday.
Roast Chicken Thigh served with Stuffing, Roast Potatoes and Gravy

Wednesday.
Chicken Sausage served with Mashed Potato and Red Onion Gravy


Thursday.
Cajun Chicken Pizza served with Potato Wedges


Friday.
White Fish or Salmon Goujons served with Chips


Option 2 
Vegetarian

Roasted Vegetable Gratin served with New Potatoes 

Spanish Omelette served with Roast Potatoes 

Macaroni Cheese 

Red Pepper and Sweetcorn Pizza served with Potato Wedges 

Cheese and Tomato Turnover served with Chips 

Alternative

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw

Roasted Vegetable Pasta Bake

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw

Spicy Tomato Pasta Bake

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw

Vegetables

Roast Parsnips Baton Carrots

Mashed Carrot and Swede

Broccoli Sweetcorn

Green Beans Cauliflower

Baked Beans Mushy Peas

Dessert

Mixed Fruit Cobbler with Custard

Vanilla Cheesecake

Marble Cake with Custard

Eves Pudding with Custard

Iced Orange Sponge

We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.

