

KENMORE PARK INFANT AND NURSERY SCHOOL



Autumn - Winter 2018

WEEK 1

3/9, 24/9, 15/10,
12/11, 3/12

Option 1

Monday.

Creamy Vegetable Pie with a Puff Pastry Top served with New Potatoes

Tuesday.

Roast Turkey served with Stuffing, Roast Potatoes and Gravy

Wednesday.

Chicken Meatballs In Tomato Sauce served with Spaghetti

Thursday.

Lamb Bolognaise Pasta Bake

Friday.

Salmon or Cod Fish Fingers served with Chips

Option 2 v Vegetarian

Macaroni Cheese v

Cauliflower and Broccoli Cheese Bake served with Roast Potatoes v

Bean Burger served in a Bun with Homemade Tomato Sauce v

Sweet Potato and Chick Pea Curry served with Rice v

Vegetable Nuggets served with Chips v

Option 3

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

Spicy Tomato Pasta Bake

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

Vegetables

Cauliflower
Roasted
Root Vegetables

Carrots
Garden Peas

Sweetcorn
Steamed Cabbage

Green Beans
Carrots

Garden Peas
Baked Beans

Dessert

Flapjack

Orange Jelly with Mandarins

Fruit Crumble served with Custard

Fruity Cookie

Chocolate Sponge with Chocolate Custard

WEEK 2

10/9, 1/10, 29/10,
19/11, 10/12

Option 1

Monday.

BBQ Vegetable Pizza served with Potato Wedges

Tuesday.

Roast Chicken served with Stuffing, Roast Potatoes and Gravy

Wednesday.

Mild Turkey Curry served with Rice

Thursday.

Traditional Shepherds Pie

Friday.

Battered Fish served with Chips

Option 2 v Vegetarian

Cheese and Tomato Pizza served with Potato Wedges v

Sweet Potato and Lentil Wellington served with Roast Potatoes and Gravy v

Pesto and Cherry Tomato Pasta Twists v

Mixed Bean Chilli Con Carne served with Steamed Rice v

Vegetarian Sausage served with Chips v

Option 3

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

Tuna and Sweetcorn Pasta Bake

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

Cheesy Tomato Pasta Twists

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

Vegetables

Broccoli
Sweetcorn

Carrots
Garden Peas

Sweetcorn
Carrots

Roast Parsnips
Green Beans

Garden Peas
Baked Beans

Dessert

Winter Berry Sponge with Custard

Carrot Cake

Wholemeal Shortbread with Apple Slices

Gingerbread with Custard

Vanilla Ice Cream

WEEK 3

17/9, 8/10, 5/11,
26/11, 17/12

Option 1

Monday.

Vegetable and Chick Pea Jambalaya

Tuesday.

Roast Turkey served with Stuffing, Roast Potatoes and Gravy

Wednesday.

Chicken Sausage served with Mashed Potato and Gravy

Thursday.

Lamb Lasagne served with Garlic Bread

Friday.

Golden Fish Fingers served with Chips

Option 2 v Vegetarian

Cheese and Potato Bake v

Cheese and Onion Puff served with Roast Potatoes v

Vegetarian Sausage served with Mashed Potato and Gravy v

Vegetable Lasagne served with Garlic Bread v

Spanish Omelette served with Chips v

Option 3

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

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

Neapolitan Pasta Bake

Vegetables

Garden Peas
Carrots

Sweetcorn
Cauliflower

Butternut Squash
Green Beans

Carrots
Sweetcorn

Garden Peas
Baked Beans

Dessert

Apple and Cinnamon Whirl

Jam and Coconut Sponge with Custard

Sticky Toffee Pudding with Toffee Sauce

Apple and Cherry Pie with Custard

Gluten Free Chocolate Brownie

Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily

THIS MENU SUPPORTS:



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IT'S ALL GOOD

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.