

KENMORE PARK PRIMARY

Summer 2019



WEEK 1

22/04, 13/05, 10/06,
01/07, 22/07

Option 1

Monday. Garden Vegetable Pie served with New Potatoes	Tuesday. Roast Turkey served with Roast Potatoes, Stuffing and Gravy	Wednesday. Traditional Lamb Lasagne	Thursday. Chicken Sausage served with Mashed Potato and Gravy	Friday. Breaded Fish Fingers served with Chips
--	---	--	--	---

Option 2 V Vegetarian

Cheese and Leek Layer Bake	Vegetarian Chilli Con Carne served with Steamed Rice	Traditional Vegetarian Lasagne	Vegetarian Sausage served with Mashed Potato and Gravy	Chimichanga served with Chips
----------------------------	--	--------------------------------	--	-------------------------------

Option 3

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Tomato and Basil Pasta	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Neapolitan Pasta	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
--	------------------------	--	------------------	--

Vegetables

Cauliflower Roasted Root Vegetables	Sweetcorn Steamed Cabbage	Carrots Garden Peas	Green Beans Carrots	Garden Peas Baked Beans
-------------------------------------	---------------------------	---------------------	---------------------	-------------------------

Dessert

Flapjack	Chocolate Rice Krispie Cake	Apple Sponge with Custard	Fruit Salad with Shortbread Finger	Vanilla Ice Cream
----------	-----------------------------	---------------------------	------------------------------------	-------------------

WEEK 2

29/04, 20/05,
17/06, 08/07

Option 1

Monday. Veggie Pizza served with Herby Diced Potatoes	Tuesday. Roast Chicken Thigh served with Roast Potatoes, Stuffing and Gravy	Wednesday. Lamb Pasta Bolognese	Thursday. Turkey Korma served with Steamed Rice	Friday. Breaded Fish Fingers served with Chips
--	--	------------------------------------	--	---

Option 2 V Vegetarian

Cheese and Tomato Pizza served with Herby Diced Potatoes	Vegetarian Sausage served with Roast Potatoes, Stuffing and Gravy	Cheese and Tomato Quiche served with New Potatoes	Lentil Dahl served with Steamed Rice	Vegetable Nuggets served with Chips
--	---	---	--------------------------------------	-------------------------------------

Option 3

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Cheesy Tomato Pasta	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Tomato and Basil Pasta	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
--	---------------------	--	------------------------	--

Vegetables

Garden Peas Baked Beans	Carrots Garden Peas	Broccoli Sweetcorn	Green Beans Carrots	Garden Peas Baked Beans
-------------------------	---------------------	--------------------	---------------------	-------------------------

Dessert

Herby's Healthy Eton Mess	Berry Cheesecake	Chocolate Orange Sponge with Custard	Oaty Cookie with Apple Slices	Frozen Strawberry Mousse
---------------------------	------------------	--------------------------------------	-------------------------------	--------------------------

WEEK 3

06/05, 03/06,
24/06, 15/07

Option 1

Monday. Macaroni Cheese	Tuesday. Roast Turkey served with Roast Potatoes, Stuffing and Gravy	Wednesday. Chicken Sausage Hot Dog	Thursday. Honey and Ginger Chicken Noodles	Friday. Salmon Fish Fingers or Breaded Fish Fingers served with Chips
----------------------------	---	---------------------------------------	---	--

Option 2 V Vegetarian

Vegetable Pattie served with Potato Wedges	Cauliflower and Broccoli Cheese Bake served with New Potatoes	Vegetarian Sausage Hot Dog	Vegetarian Pasta Bolognese	Vegetarian Tacos served with Potato Wedges
--	---	----------------------------	----------------------------	--

Option 3

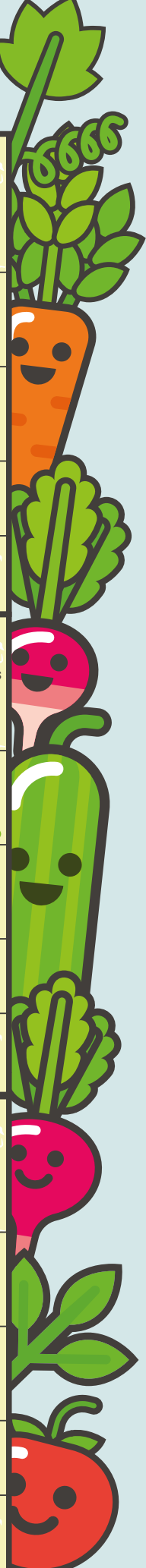
Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Tomato and Basil Pasta	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Spicy Tomato Pasta	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
--	------------------------	--	--------------------	--

Vegetables

Sweetcorn Cauliflower	Butternut Squash Green Beans	Garden Peas Carrots	Carrots Sweetcorn	Garden Peas Baked Beans
-----------------------	------------------------------	---------------------	-------------------	-------------------------

Dessert

Marble Sponge with Custard	Mandarins and Orange Jelly	Fruity Cookie	Apple and Berry Crumble with Ice Cream	Gluten Free Chocolate Brownie
----------------------------	----------------------------	---------------	--	-------------------------------



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

THIS MENU SUPPORTS:



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.