

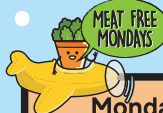
KINGSBURY ACADEMY

WINTER 2023

WEEK 1

04/09/23, 25/09/23,
16/10/23, 13/11/23,
04/12/23

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Chicken and Pesto Pasta	Chinese Chicken with Rice	Roast Turkey with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	Fish Fingers with Chips and Tomato Ketchup
Option 2 V Vegetarian	Vegetable Frittata with New Potatoes V	Sweet Chilli Vegetable Stir Fry (Ve) V	Roast Quorn with Roast Potatoes and Gravy V	Vegetable Lasagne with Garlic Bread V	Vegetable Fingers with Chips and Tomato Ketchup (Ve) V
Option 3	Jacket Potato with a choice of Fillings	Tomato and Basil Pasta (Ve)	Jacket Potato with a choice of Fillings	Neapolitan Pasta (Ve)	Jacket Potato with a choice of Fillings
Vegetables	Carrots Green Beans	Sweetcorn Cabbage	Roasted Root Vegetables Peas	Carrots Sweetcorn	Baked Beans Garden Peas
Dessert	Flapjack (Ve)	Carrot Cake	Fruit Salad (Ve)	Pancake with Warm Apple and Berry Sauce	Ice Cream
	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Chicken and Sweetcorn Pizza with Potato Wedges	Minced Beef Pie with New Potatoes	Pork Sausages with Mashed Potato and Gravy	Greek Chicken Pitta	Breaded Fish with Chips and Tomato Ketchup
Option 2 V Vegetarian	Cheese and Tomato Pizza with Potato Wedges V	Vegetarian Cottage Pie V	Vegetarian Sausages (Ve) with Mashed Potato and Gravy V	Vegetable Curry with Rice (Ve) V	Quorn Dippers with Chips and Tomato Ketchup (Ve) V
Option 3	Jacket Potato with a choice of Fillings	Cheesy Tomato Pasta	Jacket Potato with a choice of Fillings	Pesto Pasta (Ve)	Jacket Potato with a choice of Fillings
Vegetables	Broccoli Sweetcorn	Peas Carrots	Medley of Vegetables	Carrots Sweetcorn	Baked Beans Garden Peas
Dessert	Vanilla Shortbread and Raisins (Ve)	Vanilla Sponge (Ve) with Custard	Fruit Salad (Ve)	Chocolate Brownie with Chocolate Custard	Orange Jelly (Ve)
	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Chicken Sausage Roll with New Potatoes	Hot Chicken Bap with Potato Wedges	Roast Pork with Roast Potatoes and Gravy	Beef Pasta Bolognese	Fish Fingers with Chips and Tomato Ketchup
Option 2 V Vegetarian	Vegetable Risotto (Ve) V	Veggie Burger with Potato Wedges (Ve) V	Cheese Pasty with Roast Potatoes V	Vegetarian Pasta Bolognese (Ve) V	Cheese and Tomato Quiche with Chips V
Option 3	Jacket Potato with a choice of Fillings	Macaroni Cheese (Ve)	Jacket Potato with a choice of Fillings	Tomato and Basil Pasta (Ve)	Jacket Potato with a choice of Fillings
Vegetables	Carrots Green Beans	Sweetcorn Cauliflower	Carrots Peas	Broccoli Sweetcorn	Baked Beans Garden Peas
Dessert	Jam and Coconut Sponge with Custard	Rice Krispie Cake (Ve)	Fruit Salad (Ve)	Apple Crumble (Ve) with Custard	Chocolate Pinwheel Cookie



WEEK 2

11/09/23, 02/10/23,
30/10/23, 20/11/23,
11/12/23

WEEK 3

18/09/23, 09/10/23,
06/11/23, 27/11/23,
18/12/23



FRESHLY BAKED BREAD, SALAD BAR, YOGHURT AND FRESH FRUIT ARE AVAILABLE DAILY
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.

THIS MENU SUPPORTS:

