## KINGSBURY ACADEMY WEEK Monday **Tuesday** Wednesday **Thursday** 30/08, 20/09, 11/10, 08/11, 29/11 Chicken, Tomato Roast Pork Beef Keema served Mexican Minced Beef and Mixed Peppers with Roast Potatoes with Steamed Rice **Option 1** Bake served with and Gravy Steamed Rice Sweet Potato and Tandoori Vegetables Cheddar and Caramelized Lentil Wellington Option 2 (1) Macaroni Cheese Red Onion Quiche served served with Steamed served with Chips (Ve) served Rice with New Potatoes with Roast Potatoes Jacket Potato served Jacket Potato served with Cheese, Baked Beans (Ve), Tuna with Cheese, Baked Option 3 Plain Pasta or Noodles Beans (Ve), Tuna Plain Pasta or Noodles Plain Pasta or Noodles Mayonnaise or Mayonnaise or Coleslaw Coleslaw Carrots Sweetcorn Green Beans **Vegetables** Roasted Root Vegetables Steamed Cabbage Garden Peas Carrots Apple and Cinnamon **Dessert** Chocolate Cookie (Ve) Iced Lemon Sponge Fruit Salad (Ve) Orange Shortbread (Ve) Sponge with Custard WEEK 2 **Tuesday** Wednesday **Thursday Monday** 06/09, 27/09, 18/10, Chicken Tikka Masala 15/11, 06/12 Cheese and Tomato Fish Fingers or Salmon Beef Bolognaise Chicken Grill served served with Pizza served with Option 1 Potato Wedges with New Potatoes Steamed Rice Spaghetti Chick Pea, Pepper and Red Pepper and Vegetarian Bolognaise Option 2 🕡 Sweetcorn Ouesadilla served with Mexican Rice Wrap (Ve) served with New Vegetarian served with Potato Spaghetti (Ve) Wedges Jacket Potato served Jacket Potato served with Cheese, Baked with Cheese, Baked Option 3 Beans (Ve), Tuna Beans (Ve), Tuna Plain Pasta or Noodles Plain Pasta or Noodles Mayonnaise or Coleslaw Coleslaw Carrots Green Beans Broccoli Medley of Vegetables Vegetables Sweetcorn Garden Peas Carrots

**Tuesday** 

Pear and Chocolate

with Chips Plain Pasta or Noodles Garden Peas **Baked Beans** Vanilla, Honey and Apple and Peach Orange Jelly (Ve) Fruit Salad (Ve) Date and Cocoa Brownie Yoghurt Cake Pie (Ve) with Custard

13/09, 04/10, 01/11, 22/11, 13/12

**Dessert** 

Option 1

Option 2 (V) Vegetarian

Option 3

**Vegetables** 

**Dessert** 

Roast Chicken served Minced Beef Pie Chicken Balti served Breaded Fish served Chicken and Pesto served with New with Stuffing, Roast with Steamed Rice with Chips Pasta Potatoes and Gravy Potatoes Vegetable and Chick Roast Ouorn served Spanish Omelette Vegetable Nuggets Vegetable and Bean Pea Korma served with Stuffing, Roast served with New served with Chips Jambalaya (Ve) with Steamed Rice Potatoes and Gravy Potatoes Jacket Potato served Jacket Potato served with Cheese, Baked with Cheese, Baked Beans (Ve), Tuna Plain Pasta or Noodles Beans (Ve), Tuna Mayonnaise or Plain Pasta or Noodles Plain Pasta or Noodles

Wednesday

Ćoleslaw Coleslaw Cauliflower Garden Peas **Butternut Squash** Sweetcorn Garden Peas Carrots Carrots Sweetcorn Green Beans **Baked Beans** 

Fruit Salad (Ve)

Fruity Cookie (Ve) Sponge with Custard with Custard

Thursday.

Mayonnaise or



Bakewell Tart

**Monday** 

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

**Friday** 

Breaded Fish served

with Chips

Vegetable Nuggets

Garden Peas

**Baked Beans** 

**Friday** 

Fish Fingers served

with Chips

Cheese and Tomato

Turnover served

**Friday** 

Vanilla Sponge



LOOK FOR THE SUGAR SHERIFF

THESE MEALS ARE

FROM ADDED SUGARI