

# KINGSBURY ACADEMY

Spring / Summer 2021

## WEEK 1

19/04, 10/05,  
07/06, 28/06, 19/07

### Option 1

#### Monday.

Macaroni Cheese

#### Tuesday.

Beef Burger

#### Wednesday.

Roast Turkey served  
with Stuffing, Roast  
Potatoes and Gravy

#### Thursday.

Tandoori Chicken  
served with  
Steamed Rice

#### Friday.

Gluten Free Battered  
Fish served with Chips

### Option 2

### Option 3

### Vegetables

### Dessert

Pesto and Cherry  
Tomato Pasta (Ve)

Bean Burger (Ve)

Loaded Potato Skins

Chick Pea, Sweet  
Potato and Spinach  
Balti served with  
Steamed Rice (Ve)

Pizza Whirl  
served with Chips

Jacket Potato served  
with Cheese, Baked  
Beans (Ve), Tuna  
Mayonnaise or Coleslaw

Tomato and Basil  
Pasta (Ve)

Jacket Potato served  
with Cheese

Roasted Red Pepper  
Pasta (Ve)

Jacket Potato served  
with Cheese, Baked  
Beans (Ve), Tuna  
Mayonnaise or Coleslaw

Cabbage  
Sweetcorn

Cauliflower and Broccoli  
Garden Peas

Roasted Root  
Vegetables  
Sweetcorn

Green Beans  
Carrots

Baked Beans  
Garden Peas

Apple and Cinnamon  
Crumble Slice

Jelly

Fresh Fruit Salad

Chocolate Flapjack

Vanilla Sponge  
with Custard

## WEEK 2

26/04, 17/05,  
14/06, 05/07

### Option 1

#### Monday.

BBQ Vegetable Pizza  
served with  
Potato Wedges

#### Tuesday.

Traditional  
Cottage Pie

#### Wednesday.

Sticky Chicken  
served with  
Steamed Rice

#### Thursday.

Pork Sausage served  
with Mashed Potato  
and Gravy

#### Friday.

Breaded Fish Fingers  
or Salmon Fish Fingers  
served with Chips

### Option 2

### Option 3

### Vegetables

### Dessert

Cheese and Tomato Pizza  
served with  
Potato Wedges

Vegetarian Pie with a  
Mashed Potato Top

Roasted Vegetable  
Crumble served with  
New Potatoes (Ve)

Vegetarian Sausage  
(Ve) served with  
Mashed Potato and  
Gravy

Chick Pea Patty  
served with Chips  
(Ve)

Jacket Potato served  
with Cheese, Baked  
Beans (Ve), Tuna  
Mayonnaise or Coleslaw

Cheesy Tomato Pasta

Jacket Potato served  
with Cheese, Baked  
Beans (Ve), Tuna  
Mayonnaise or Coleslaw

Jacket Potato  
served with Cheese

Tomato and Basil  
Pasta (Ve)

Carrots  
Garden Peas

Broccoli  
Sweetcorn

Carrots  
Garden Peas

Green Beans  
Carrots

Baked Beans  
Garden Peas

Carrot Cake

Peach Sponge  
with Custard

Chocolate and  
Coconut Cookie

Fresh Fruit Salad

Honey and Yoghurt  
Cake

## WEEK 3

03/05, 24/05,  
21/06, 12/07

### Option 1

#### Monday.

Sweet Chilli Quorn  
served with Noodles

#### Tuesday.

Beef Pasta  
Bolognaise

#### Wednesday.

Roast Gammon served  
with Roast Potatoes and  
Gravy

#### Thursday.

Chicken Meatballs with a  
Piri Piri Sauce served with  
Cous Cous

#### Friday.

Gluten Free Battered  
Fish served with Chips

### Option 2

### Option 3

### Vegetables

### Dessert

Stuffed Peppers (Ve)

Vegetarian Pasta  
Bolognaise (Ve)

Broccoli and Cauliflower  
Cheese Bake served  
with Roast Potatoes

Gnocchi, Broccoli  
and Bean Bake

Vegetable Nuggets  
served with  
Chips (Ve)

Jacket Potato served  
with Cheese, Baked  
Beans (Ve), Tuna  
Mayonnaise or Coleslaw

Tomato and Basil  
Pasta (Ve)

Jacket Potato with  
Cheese

Tomato and Basil  
Pasta (Ve)

Jacket Potato served  
with Cheese, Baked  
Beans (Ve), Tuna  
Mayonnaise or Coleslaw

Carrots  
Green Beans

Medley of Vegetables

Sweetcorn  
Roasted Butternut  
Squash

Green Beans  
Carrots

Baked Beans  
Garden Peas

Strawberry Ice Cream

Chocolate Shortbread  
with Apple Slices

Fresh Fruit Salad

Sticky Toffee Pudding  
with Custard

Ginger Cookie

LOOK FOR THE SUGAR SHERIFF  
THESE MEALS ARE  
COMPLETELY FREE  
FROM ADDED SUGAR!

**radish**  
IT'S ALL GOOD

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:

