

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

Vegetarian

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

Option 3

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

Vegetables

Cabbage Sweetcorn

Cauliflower and Broccoli Garden Peas

Roasted Root Vegetables Sweetcorn

Green Beans Carrots

Baked Beans Garden Peas

Dessert

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

Vegetarian

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)

Option 3

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)

Vegetables

Carrots Garden Peas

Broccoli Sweetcorn

Carrots Garden Peas

Green Beans Carrots

Baked Beans Garden Peas

Dessert

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 Bolognese

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

Vegetarian

Stuffed Peppers (Ve)

Vegetarian Pasta Bolognese (Ve)

Broccoli and Cauliflower Cheese Bake served with Roast Potatoes

Gnocchi, Broccoli and Bean Bake

Vegetable Nuggets served with Chips (Ve)

Option 3

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

Spicy Tomato Pasta (Ve)

Jacket Potato with Cheese

Tomato and Basil Pasta (Ve)

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

Vegetables

Carrots Green Beans

Medley of Vegetables

Sweetcorn Roasted Butternut Squash

Green Beans Carrots

Baked Beans Garden Peas

Dessert

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:

