

Kent Autumn Winter 2022 - 2023 Menu

-  Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 31 st Oct 21 st Nov 12 th Dec 16 th Jan 6 th Feb 6 th March 27 th March	Option 1	Tomato Pasta 	Build a Burger Day A choice of Burger (meat, veggie or vegan) with Toppings and Potato Wedges 	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken Tikka Masala with Rice  	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Jacket Potato with a choice of topping		Jacket Potato with a choice of Topping	Jacket Potato with a choice of Topping	Jacket Potato with a choice of Topping
	Vegetables	Sweetcorn Green Beans	Coleslaw Peas	Carrots Cabbage	Peas Cauliflower	Peas Baked Beans
	Dessert	Pear and Chocolate Crumble with Custard	Jelly & Fruit 	Rice Pudding & Mixed Berries	Yoghurt & Raisin Cake	Fresh Fruit or Yoghurt
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Two 7 th Nov 28 th Nov 2 nd Jan 23 rd Jan 20 th Feb 13 th March	Option 1	Mac and Cheese Station A choice of different Mac & Cheese flavours, with vegetarian toppings 	Spaghetti Bolognaise with Garlic Bread 	Sausage, Onions and Gravy with Roast Potatoes	Chicken Pie with Crushed Potato 	Fishfingers with Chips
	Option 2	Jacket Potato with a choice of Topping	Jacket Potato with a choice of Topping	Jacket Potato with a choice of Topping	Jacket Potato with a choice of Topping	Jacket Potato with a choice of Topping
	Vegetables	Peas Carrot	Broccoli Sweetcorn	Mixed Vegetables	Green Beans Carrots	Peas Baked Beans
	Dessert	Oaty Cookie  	Chocolate Apple Sponge with Custard	Jelly With Mandarins	Chocolate Drizzle Cake	Fresh Fruit or Yoghurt
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Three 14 th Nov 5 th Dec 9 th Jan 30 th Jan 27 th Feb 20 th March	Option 1	Cheese and Tomato Pizza With New Potatoes 	Sausage Roll with Potato Wedges	Quirky Bird A choice of flavoured chicken x 2 flavours or vegan Quorn Fillet, With Rice and Salads 	Sticky Chicken Noodles 	Fishfingers with Chips
	Option 2	Jacket potato with a choice of Topping	Jacket Potato with a choice of Topping	Jacket Potato with a choice of Topping	Jacket Potato with a choice of Topping	Jacket Potato with a choice of Topping
	Vegetables	Sweetcorn Carrots	Baked Beans Green Beans	Sweetcorn Peas Quirky Bird Salads x 2	Broccoli Carrots	Peas Baked Beans
	Dessert	Sticky Toffee Apple Crumble With Custard	Chocolate Cookie	Apple, Cheese & Crackers	Eves Pudding with Cream	Fresh Fruit or Yoghurt
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings
- Bread freshly baked
- Daily salad selection
- Yoghurt & Fresh Fruit Dessert Options

ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.