

KENT & MEDWAY AUTUMN WINTER MENU

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK ONE

30 Aug
20 Sep
11 Oct
8 Nov
29 Nov
3 Jan
24 Jan
21 Feb
14 Mar

Option 1	MEAT FREE MONDAY Macaroni Cheese	Beef Burger in Bun with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Minced Beef Pie with Gravy & Crushed Potatoes	MSC Fish Fingers/ Salmon Fish Fingers with Chips & Tomato Sauce
Option 2	Vegetable & Bean Fajitas with 50/50 Rice	Quorn Burger in Bun with Potato Wedges	Homity Pie with Roast Potatoes & Gravy	Tomato & Lentil Pasta with Garlic Bread	Cumberland Quorn Sausage with Chips
Vegetables	Green Beans Carrots	Coleslaw Sweetcorn	Mixed Vegetable Medley	Broccoli Sweetcorn	Baked Beans Garden Peas
Dessert	Sticky Toffee Apple Crumble with Custard Yoghurt / Fresh Fruit	Mandarin Segments with Jelly Yoghurt / Fresh Fruit	Apple, Cheese & Biscuits Yoghurt / Fresh Fruit	Eve's Pudding & Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit

WEEK TWO





6 Sep
27 Sep
18 Oct
15 Nov
6 Dec
10 Jan
7 Feb
28 Feb
21 Mar

Option 1	MEAT FREE MONDAY Cheese & Tomato Pizza with New Potatoes	Macaroni Beef Pasta Bake	Roast Beef with Roast Potatoes & Gravy	Mediterranean Chicken (Chicken in Tomato Sauce) with Rice	MSC Fish in Batter with Chips & Tomato Sauce
Option 2	Tuna Pasta Bake	Roasted Cauliflower Curry with Rice	Vegetable Wellington with Roast Potatoes & Gravy	Vegetarian Lasagne	BBQ Quorn with Chips
Vegetables	Green Beans Baked Beans	Sweetcorn Garden Peas	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas
Dessert	Pear Crumble with Custard Yoghurt / Fresh Fruit	Chocolate Shortbread Yoghurt / Fresh Fruit	Apple Flapjack Yoghurt / Fresh Fruit	Peach Upside Down Cake & Cream Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit

WEEK THREE

13 Sep
4 Oct
1 Nov
22 Nov
13 Dec
17 Jan
14 Feb
7 Mar
28 Mar

Option 1	MEAT FREE MONDAY Vegetarian Tortilla Stack with Rice	Sausage Roll with Tomato Sauce served with Potato Wedges	Roast Turkey with Roast Potatoes & Gravy	Beef Lasagne with Garlic Bread	MSC Fish Fingers with Chips & Tomato Sauce
Option 2	Devil's Kitchen Meat Free Meatballs in Tomato Sauce with Pasta	Shepherdess Pie with Gravy	Roasted Quorn Fillet with Roast Potatoes & Gravy	Wholemeal Vegetable Pasta Bake with Garlic Bread	Cheese & Tomato Wholemeal Quiche with Chips
Vegetables	Carrots Sweetcorn	Garden Peas Cauliflower	Mixed Vegetable Medley	Green Beans Carrots	Baked Beans Garden Peas
Dessert	Oaty Cookie Yoghurt / Fresh Fruit	Chocolate Sponge with Chocolate Sauce Yoghurt / Fresh Fruit	Ice Cream & Peaches / Vanilla Shortbread & Peaches for Serveries Yoghurt / Fresh Fruit	Rice Pudding with Mixed Berries Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Oily Fish

Available Daily

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread available daily
- Daily salad selection

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.