



September/October Menu



W.C 4/9/2023 25/9/2023 16/10/2023

2023 - 1 Pod	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Hot Dog with Peas and Sweetcorn, Tomato Ketchup (optional)	Pork Sausages with Potato Wedges and Baked Beans	Battered Chicken Bites with BBQ Dip, Rice and Mixed Veg	Roast Chicken Fillet in Gravy with Yorkshire Pudding, Roast Potatoes and Diced Carrots	Battered Fish with Chips and Garden Peas, Tomato Ketchup (optional)
Vegetarian	Vegetable Coconut Curry with Rice, Peas and Sweetcorn (vgn)	Vegetable Crumble with Baked Beans (vgn)	Macaroni Cheese with Mixed Veg (v)	Roast Quorn Fillet in Gravy with Yorkshire Pudding, Roast Potatoes and Diced Carrots (v)	Cheese and Onion Slice with Chips and Garden Peas, Tomato Ketchup (optional) (v)
Jacket Potato	Jacket Potato with Baked Beans (vgn)	Jacket Potato with Cheese (v)	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese (v)	Jacket Potato with Baked Beans (vgn)
Plant Based	Quorn Sausage Hot Dog with Peas and Sweetcorn, Tomato Ketchup (optional) (vgn)	Quorn Sausages with Potato Wedges and Baked Beans (vgn)	Moroccan Quinoa Summer Salad (vgn)	Plant Based Meat Balls in Gravy with Roast Potatoes, Diced Carrots (vgn)	Chicken Free Dippers with Chips and Garden Peas, Tomato Ketchup (optional) (vgn)
Packed Lunch	Cheese Sandwich with a Sultana and Raisin Bag, Belgian Waffle and an Apple (v)	Ham Roll with a Apricot Bag, Gingerbread Biscuit and a Satsuma	Cheese Sandwich with a Sultana and Raisin Bag, Golden Oat Flapjack and an Apple (v)	Tuna Mayo Wrap with a Laughing Cow Cheese Triangle, Shortbread Biscuit and a Satsuma	Meat Free Sausage Roll with a Sultana and Raisin Bag, Blueberry Flapjack and a Satsuma (vgn)
Pudding	Belgian Waffle (v)	Fresh Fruit (vgn)	Toffee and Banana Loaf (v)	Frozen Yoghurt (v)	Jam and Coconut Cake (v)

W.C 11/9/2023 2/10/2023

2023 - 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pork Meatballs in Tomato Sauce with Wholemeal Pasta and Mixed Veg	Breaded Chicken Fillet with Alphabyte Potatoes and Baked Beans	Tex-Mex Chicken with Rice and Garden Peas	Roast Beef in Gravy with Yorkshire Pudding, Roast Potatoes and Diced Carrots	Salmon Fish Fingers With Chips and Garden Peas, Tomato Ketchup (optional)
Vegetarian	Ratatouille with Wholemeal Pasta and Mixed Veg (vgn)	Cheese and Tomato Quiche with Alphabyte Potatoes and Baked Beans (v)	Macaroni Cheese with Garden Peas (v)	Roast Quorn Fillet in Gravy with Yorkshire Pudding, Roast Potatoes and Diced Carrots (v)	Cheese and Onion Slice with Chips and Garden Peas Tomato Ketchup (optional) (v)
Jacket Potato	Jacket Potato with Baked Beans (vgn)	Jacket Potato with Cheese (v)	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese (v)	Jacket Potato with Baked Beans (v)
Plant Based	Meat Free Meat Balls in Tomato Sauce with Wholemeal Pasta and Mixed Veg (vgn)	Meat Free Chicken Style Burger with Alphabyte Potatoes and Baked Beans (vgn)	Pesto Pasta Summer salad (vgn)	Plant Based Meat Balls in Gravy with Roast Potatoes and Diced Carrots (vgn)	Vegetable Fingers with Chips and Garden Peas, Tomato Ketchup (optional) (vgn)
Packed Lunch	Cheese Sandwich with a Sultana and Raisin Bag, Belgian Waffle and an Apple (v)	Ham Roll with a Apricot Bag, Gingerbread Biscuit and a Satsuma	Chilled Pizza Slice with a Sultana and Raisin Bag, Golden Oat Flapjack and an Apple (v)	Tuna Mayo Wrap with a Laughing Cow Cheese Triangle, Shortbread Biscuit and a Satsuma	Meat Free Sausage Roll with a Sultana and Raisin Bag, Blueberry Flapjack and a Satsuma (v)
Pudding	Mini Blueberry Muffin (v)	Fresh Fruit (vgn)	Chocolate Sponge (v)	Frozen Yoghurt (v)	Vanilla Sponge Cake (v)



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September/October Menu



W.C

18/9/2023

9/10/2023

2023 - 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese and Tomato Pizza with Baked Beans (v)	Pork Sausages in Gravy with Mashed Potatoes and Green Beans	Kingswood's All Day Breakfast with Hash Browns and Baked Beans	Roast Chicken Fillet in Gravy with Yorkshire Pudding, Roast Potatoes and Diced Carrots	Birds Eye Fish Fingers with Chips and Garden Peas, Tomato Ketchup (optional)
Vegetarian	Cheese and Onion Slice with Baked Beans (v)	Vegetable Fingers with Mashed Potatoes and Green Beans (vgn)	Kingswood's Vegetarian All Day Breakfast with Hash Browns and Baked Beans (v)	Roast Quorn Fillet in Gravy with Yorkshire Pudding, Roast Potatoes and Diced Carrots (v)	Plain Omelette with Chips and Garden Peas, Tomato Ketchup (optional) (v)
Jacket Potato	Jacket Potato with Cheese (v)	Jacket Potato with Baked Beans (vgn)	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese (v)	Jacket Potato with Baked Beans (vgn)
Plant Based	Meat Free Sausage Roll with Baked Beans (vgn)	Quorn Sausages in Gravy with Mashed Potatoes and Green Beans (vgn)	Kingswood's Plant Based All Day Breakfast with Hash Browns and Baked Beans (vgn)	Plant Based Meat Balls in Gravy with Roast Potatoes and Diced Carrots (vgn)	Chicken Free Dippers with Chips and Garden Peas, Tomato Ketchup (optional) (vgn)
Packed Lunch	Cheese Sandwich with a Sultana and Raisin Bag, Belgian Waffle and an Apple (v)	Ham Roll with a Apricot Bag, Gingerbread Biscuit and a Satsuma	Cheese Sandwich with a Sultana and Raisin Bag, Golden Oat Flapjack and an Apple (v)	Tuna Mayo Wrap with a Laughing Cow Cheese Triangle, Shortbread Biscuit and a Satsuma	Meat Free Sausage Roll with a Sultana and Raisin Bag, Blueberry Flapjack and a Satsuma (v)
Pudding	Fruit Yoghurt (v)	Fresh Fruit (vgn)	Rocket Ice Lolly (vgn)	Oat and Raisin Cookie (v)	Mini Jam Doughnut (v)

(v) Vegetarian suitable
(vgn) Vegan suitable



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