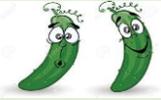




Kingsmead Primary School MENU – Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Margherita Pizza <i>*Dairy /Gluten</i> 	Spiced Chicken Thighs 	Beef Burger <i>*Gluten</i> 	Cauliflower Cheese Steaks <i>*Dairy</i> 	Jacket Potato with fillings <i>*Dairy/Fish</i> 
MAIN Option 2 (vegetarian)	Falafel <i>*Gluten</i> 	Aubergine Chilli 	Vegan Vegetable Burgers <i>*Gluten</i>	Sweet Pepper Lentil Herb Sauce	Frittata <i>*Dairy/Eggs</i> 
To Accompany	Herbed Potatoes 	Jollof Rice	Tomato, Sweet Peppers & Gherkins 	Spaghetti <i>*Gluten/Wheat</i> 	Beans & Peas 
Bread	Freshly Baked Bread <i>*Gluten</i> 	Freshly Baked Bread <i>*Gluten</i> 	Freshly Baked Bread <i>*Gluten</i> 	Freshly Baked Bread <i>*Gluten</i> 	Freshly Baked Bread <i>*Gluten</i> 
Vegetables	Rainbow Slaw 	Seasonal Vegetables 	Mixed Salad 	Seasonal Vegetables 	Mixed Salad 
On the Table	Cucumber Sticks 	Beetroot	Crudites & Dip	Mixed Peppers 	Cucumber Sticks
Dessert	Fresh Fruit 	Ice Cream <i>*Milk</i> <i>*Dairy</i> 	Fresh Fruit & Yogurt <i>*Diary</i> 	Carrot Cake <i>*Gluten/Wheat</i> 	Fresh Fruit 