






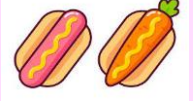

























Kingsmead Primary School

MENU – Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Jacket Potato with fillings <i>*Dairy/Fish</i> 	Oriental Lamb Rice 	Chicken Sausages 	Vegetarian Lasagne <i>*Dairy/Gluten</i> 	Fish Bites <i>*Gluten</i> 
MAIN Option 2 (vegetarian)	Vegetable Wraps <i>*Gluten/Wheat</i> 	Vegetables in Black Bean Sauce 	Vegetarian Sausages 	Pesto Pasta <i>*Dairy/Gluten</i> 	Vegetable Quiche <i>*Dairy/Gluten</i> 
To Accompany		Steamed rice with Coriander 	Corn on the Cob 	Coleslaw <i>*Dairy</i> 	Chips
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	Peas & Beans 	Green Salad 	Mixed Salad 	Seasonal Vegetables 	Minted Peas 
On the Table	Crudites & Garlic/Mint Dip 	Cucumber Batons	Crudites & Dip	Mixed Peppers 	Cucumber Batons
Dessert	Fresh Fruit 	Surprise Cake & Custard <i>*Diary</i> 	Fresh Fruit 	Shortbread & Fresh Fruit <i>*Gluten/Wheat</i> 	Fresh Fruit & Cream <i>*Dairy</i> 