

KINGSMEAD
MENU
WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
					
Option One	Vegetable Pasta bake (S) 	Beef Curry (G) 	Roast chicken and stuffing (G) 	Vegetable spaghetti 	Fresh fish in crumbs 
Option Two		Veg Curry (G)	Veg puffs 		Pakora (G)
Accompaniment	Leafy salad (G) 	Bulghar wheat 	Roast Potatoes 	Green salad 	Chips 
Vegetable additions	Courgettes and beans 	Greek salad	Roast Cauliflower 	French beans 	Minty peas 
Salad and dressing	Cucumber sticks and hummous 	Cucumber batons with avocado 	Cherry tomatoes & Kos lettuce with Tzatziki dressing		Home made special ketchup 
Bread	Ciabatta(G) 		Plaited bread 	Focaccia 	
Dessert or pudding	Fresh Fruit or Home made Yoghurt 	Flapjacks 	Fresh Fruit or Home made Yoghurt 	Banana cake (E/D/G) 	White Peach yoghurt 