

**KINGSMEAD**  
**MENU**  
**WEEK 1**

	Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
<b>Option One</b>	Veggie Lasagne (S/G/D) 	Spiced Chicken 	Pizza (G/D) 	Meatballs 	Teriyaki Trout 
<b>Option Two</b>		Veggie curry		Lemony chickpeas 	Quorn Teriyaki
<b>Accompaniment</b>	Hummous (S) 	Rice 	Coucous(G) 	Bulghar wheat 	Yakisoba Noodles 
<b>Vegetable additions</b>	Pesto courgettes and beans 	Fresh carrots Fresh peas 	Mangetout and sweetcorn 	Turkish beans and tomato	Broccoli 
<b>Salad and dressing</b>	Baby lettuce salad 	Cucumber batons with avocado 	Boiled Eggs 	Shernette's Famous Coleslaw 	Lettuce and cucumber sticks 
<b>Bread</b>	Ciabatta(G) 	Pitta Pockets(G) 	Dinner rolls(G) 	Focaccia (Italian bread made fresh this morning)	Plaited bread 
<b>Dessert or pudding</b>	Fresh Fruit or Home made Yoghurt 	Surprise biscuits 	Fresh Fruit or Home made Yoghurt 	Banana cake(E/D/G) 	White Peach yoghurt 