

KINGSMEAD
MENU
WEEK 2

	Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
Option One	Mac 'N' Cheese 	Chicken Hot Dogs 	Roast Beef 	Vegetable Lentil Curry 	Fish in Breadcrumbs 
Option Two	Vegetable Wraps 	Quorn Hot Dogs 	Vegetable Bakes 	Samosas 	Frittata 
Accompaniment		Sweet Potato And Corn 	Roast Potatoes 	Turmeric Rice 	Garlic, Herb New Potatoes 
Vegetable additions	Peas & Carrots 	Cucumber Slices 	Seasonal Veggies 	Green Salad 	Peas & Beans 
Salad and dressing	Table Salad 	Mixed Salad 	Rainbow Pepper Sticks 	Raita Yogurt 	Spinach & Butternut Salad 
Bread	Poppy Seed Wholemeal Bread 		Yorkshire Pudding 	Flat Bread 	
Dessert or pudding	Fresh Fruit 	Chocolate Cake & Custard 	Fresh Fruit Salad 	Cake or Biscuit Surprise 	Fresh Fruit 