

KINGSMEAD
MENU
WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
					
Option One	Sweet Pepper , Tomato & Lentil Pasta 	Spicy Chicken 	Beef Chilli 	Margarita Pizza 	Jacket Potato 
Option Two	Stuffed Peppers 	Vegetable Curry 	Vegetable Chilli 	Jacket Potato 	Vegetable Fritters 
Accompaniment		Seasoned Rice 	Taco's 	Couscous 	Beans 
Vegetable additions	Butternut Squash & Peas 		Smoked Paprika Wedges 	Mixed Peppers 	Peas 
Salad and dressing	Mixed Salad 	Coleslaw 	Mixed Salad & Sour Cream 	Green Salad 	Mixed Salad 
Bread	Fennel Wholemeal Bread 	Wraps 	Flat Bread 		
Dessert or pudding	Fresh Fruit 	Coconut Sponge & Custard 	Fresh Fruit & Yogurt 	Flapjacks 	Fresh Fruit Salad 