

Kennington Autumn/ Winter 2018

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veg Balls in a Tomato Sauces	Chicken Mayo Bun <i>with Jacket Wedges</i>	Roast Turkey <i>with Roast Potatoes & Gravy</i>	Pork Ragu <i>with Rice **</i>	Crispy Fish & Chips <i>Crispy Battered Pollock with Chips</i>
Alternative Dish	Mild Potato and Chickpea Curry <i>with Rice **</i>	Creamy Broccoli and Sweetcorn Pasta **	Country Vegetable Pie <i>with Roast Potatoes and Gravy</i>	Vegetable and Cream Cheese Crumble <i>with New Potatoes</i>	Quorn Dippers <i>with Chips</i>
Vegetables	Sweetcorn Peas	Chop Chop Salad	Green Beans Cauliflower	Carrots Broccoli	Baked Beans Crunchy Coleslaw
Desserts	Flapjack <i>with Fruit Slices *</i>	Pear and Ginger Crumble * <i>with Custard</i>	Creamy Rice Pudding with Peach	Brownie Cake	Lemon Shortbread
Cool Water, Fresh Fruit , Freshly Baked Bread and Yoghurt served daily *Fruit Based **Wholegrain ***Oily Fish					

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mozzarella & Tomato Pizza ** <i>with Pasta Salad **</i>	Pork Sausages <i>with</i> <i>Cheesy Mash & Gravy</i>	Roast Turkey <i>with Roast Potatoes</i> <i>and Gravy</i>	Traditional Beef Lasagne <i>with Garlic & Herb Bread</i> <i>Wedge **</i>	Golden Fish Fingers & Chips <i>Breaded Fish Fingers</i> <i>with Chips</i>
Alternative Dish	Quorn Pasta Bolognese **	Vegetarian Sausages <i>with</i> <i>Cheesy Mash & Gravy</i>	Cauliflower and Broccoli Cheese Bake <i>with Roast Potatoes</i>	Vegetarian Tagine <i>with Rice **</i>	Mediterranean Tart <i>(pastry restricted)</i> <i>with Chips</i>
Vegetables	Coleslaw Sweetcorn	Peas Carrots	Roast Parsnip Cabbage	Green Beans Cauliflower	Peas Baked Beans
Desserts	Vanilla Ice Cream	St Clements Sponge Cake	Oatie Biscuit <i>with Fruit Slices *</i>	Apple and Berry Crumble * <i>with Custard</i>	Banana and Apricot Flapjack

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Quorn Chilli <i>With Potato Wedges</i>	Chicken and Broccoli Pie <i>with New Potatoes</i>	Roast Pork <i>with Roast Potatoes and Gravy</i>	Beef Macaroni Bake <i>with Garlic & Herb Bread Wedge **</i>	Salmon Fish Fingers *** <i>with Chips</i>
Alternative Dish	Vegetable and Chickpea Wrap <i>with Potato Wedges</i>	Italian Frittata <i>with New Potatoes</i>	Quorn Roast <i>with Roast Potatoes with Gravy</i>	Vegetable Lasagne <i>with Garlic & Herb Bread Wedge**</i>	Baked Bean and Cheese Quesadilla <i>with Chips</i>
Vegetables	Coleslaw Salad	Carrots Green Beans	Seasonal Cabbage Carrot and Swede Mash	Pepper Salad Sweetcorn	Peas Baked Beans
Desserts	Creamy Rice Pudding With Peach	Raspberry Ripple Cake	Cheese & Biscuits	Shortbread Fingers <i>with Fruit Slices *</i>	Pineapple Upside Down Cake * <i>with Custard</i>

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