

Kingsmead Winter 2019

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Tomato & Mozzarella Pizza ** <i>with Jacket Potato</i>	Roast Chicken <i>With Roast Potatoes and Gravy</i>	Beef Burger in a Bun <i>served with Wedges</i>	Roast Gammon <i>with Creamed Potatoes and Gravy</i>	Salmon Fish Fingers *** <i>Breaded Fish Fingers with Chips</i>
Alternative Dish	Vegetable Bake with Rice**	Quorn roast <i>With Roast Potatoes and Gravy</i>	BBQ Quorn Burger with Wedges	Shepherdess Pie <i>and Gravy</i>	Cheese & Sweetcorn Omlette <i>With Chips</i>
Vegetables	Sweetcorn Mixed Salad	Carrots Cauliflower	Coleslaw Peas	Broccoli Cabbage	Peas Baked Beans Mixed Salad
Desserts	Oatie Biscuit <i>with Fruit Slices*</i>	Raspberry Ripple Cake	Chocolate and Raspberry Swirl Cake <i>with Custard</i>	Banana & Cinnamon Cake*	Peach & Chocolate Sponge

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Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Tomato & Mozzarella Pizza ** <i>with wedges</i>	Roast Turkey <i>Roast Potatoes And Gravy</i>	Beef Tortilla Pie with Rice **	Roast Chicken <i>with Mashed Potatoes and Gravy</i>	Battered Pollock & Chips
Alternative Dish	Spaghetti Bake	Sweet Potato & Chickpea Roast <i>with Roast Potatoes and Gravy</i>	Veggie Pizza hot dog <i>With Wedges</i>	Caramelised Red Onion Tart <i>with Mashed Potatoes</i>	BBQ Vegetable Wrap <i>(folded tortilla wrap) with Chips</i>
Vegetables	Sweetcorn Broccoli	Roast Parsnips Carrots	Broccoli Mediterranean Veg	Green Beans Broccoli & Cauliflower Medley	Peas Baked Beans Mixed Salad
Desserts	Orange Shortbread	Chocolate Cake	Plum & Apple Shortbread Crumble* <i>with Custard</i>	FlapJack <i>With Fruit slices*</i>	Raspberry Yoghurt Cake

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Week 3

	MONDAY	TUESDAY	THURSDAY	WEDNESDAY	FRIDAY
Hot Main Dish	Quorn Balls in Tomato Sauce with Pasta **	Pork Sausage With Mashed Potatoes and Gravy	Chinese Chicken with Rice**	Roast Chicken With Roast Potatoes and Gravy	Cod Fish Fingers & Chips
Alternative Dish	Mac N Cheese**	Quorn Sausage With Mashed Potatoes and Gravy	Quorn Bolognese With Pasta**	Vegetable Pastry Slice with Roast Potatoes with Gravy	Tomato & Quorn Wrap with Chips
Vegetables	Mixed Salad Peas	Carrots Green Beans	Roasted Vegetables Sweetcorn	Cabbage Carrots	Baked Beans Peas Mixed Salad
	Chocolate Slice*	Orange Drizzle Cake	Apple and Berry Crumble * with Custard	Berry Flapjack	Shortbread Biscuit

Additional Daily Lunch Items

Kingsmead

Loaded Jackets available daily including a choice of topping;
Cheese, Baked Beans or Tuna Mayo

Mixed Salad bowl to be available daily as an accompaniment

<p>Selection of Sandwiches with Various Fillings. Fresh Fruit Collection, Yoghurt Pots & Cold Drinks</p>	<p>Selection of Sandwiches with Various Fillings. Fresh Fruit Collection, Yoghurt Pots & Cold Drinks</p>	<p>Selection of Sandwiches with Various Fillings. Fresh Fruit Collection, Yoghurt Pots & Cold Drinks</p>	<p>Selection of Sandwiches with Various Fillings. Fresh Fruit Collection, Yoghurt Pots & Cold Drinks</p>	<p>Selection of Sandwiches with Various Fillings. Fresh Fruit Collection, Yoghurt Pots & Cold Drinks</p>
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<p>A selection of tasty, fresh, home-baked cakes and treats</p>	<p>A selection of tasty, fresh, home-baked cakes and treats</p>	<p>A selection of tasty, fresh, home-baked cakes and treats</p>	<p>A selection of tasty, fresh, home-baked cakes and treats</p>	<p>A selection of tasty, fresh, home-baked cakes and treats</p>
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