

# Summer Autumn Menu 2023



**Kingsway**  
Community Trust

Week 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Choices</b>  <i>Halal &amp; Vegetarian Options Available</i>	Veggie Spaghetti Bolognese with Broccoli  Jacket Potato with Cheese & Beans and Side Salad	Meat & Vegetable Pie with Jacket Wedges & Carrots  Quorn Hotdog with Jacket Wedges & Salad	Marinated Chicken with Rice & Sweetcorn  Veggie Pasta Bake with Sweetcorn or Salad	Fish Fingers with Saute Potatoes & Beans  Vegetarian Curry with Rice & Carrots	Baked Sausages with Mashed Potatoes, Peas & Gravy  Veggie Kofta in a Wrap with Salad
Second Course	Seasonal Fruit & Ice Cream	Lancashire Biscuit	Baked Sponge & Custard	Homemade Flapjack	Jelly & Fruit

Fruit, Yoghurt, Water, Semi-Skimmed Milk & Bread Basket Available Daily

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Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Choices</b>  <i>Halal &amp; Vegetarian Options Available</i>	Veggie Meatballs with Mashed Potatoes, Broccoli & Gravy  Cheese Flan with Mashed Potatoes & Broccoli	Spaghetti Bolognese with Carrots  Jacket Potato with a Choice of Fillings & Salad	Chicken Curry with Rice and Salad  Hot Filled Panini with Beans	Cheese & Tomato Pizza with Garlic Jacket Wedges & Beans  Cod & Salmon Fishcake with Jacket Wedges & Beans	Italian Chicken with Pasta & Sweetcorn  Quorn Fajita with Sweetcorn
Second Course	Homemade Biscuit & Fruit	Fruity Frozen Yoghurt	Jam Button Biscuit	Chocolate & Beetroot Cake with Custard	Melting Moment with Fruit

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Week 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Choices</b>  <i>Halal &amp; Vegetarian Options Available</i>	Cheese Whirl with Herby Diced Potatoes & Beans  Quorn Sausage with Herby Diced Potatoes & Gravy, with Vegetables or Beans	Roast Dinner with Roast Potatoes, Yorkshire Pudding, Carrots & Gravy  Veggieball Sub with Salad	Tempura Fish Goujons in a Wrap with Chips & Peas  Roasted Vegetable Pasta Bake with Peas	Homemade Meatballs in Sweet Pepper Sauce with Pasta & Broccoli  Jacket Potato with a Choice of Fillings & Salad	Hunters Chicken with Rice & Sweetcorn  Vegetarian Cottage Pie with Sliced Baguette & Sweetcorn
Second Course	Homemade Biscuit with Fruit	Cornflake Tart	Sponge Cake & Custard	Ice Cream & Fruit	Chocolate Shortbread

Fruit, Yoghurt, Water, Semi-Skimmed Milk & Bread Basket Available Daily