

Spring Summer Menu 2022



Kingsway
Community Trust

| Week 1 | Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|---|
| Hot Main Choices <i>Halal & Vegetarian Options Available</i> | Homemade Pizza with Oven Baked Chips and Beans | Sweet Chilli Chicken Noodles with Mixed Vegetables | Roast Dinner with Roast Potatoes, Yorkshire Pudding, Carrot & Swede and Gravy | Bolognese Pasta Bake with Vegetable Medley | Homemade Curry with Rice and Broccoli |
| | Veggie Balls in Italian Sauce with Pasta and Corn on the Cob | Cheese Flan with Boiled Potatoes and Mixed Vegetables | Tandoori Quorn with Naan Bread and Salad | Jacket Potato with Beans or Tuna Mayo and Sweetcorn | Seaside Salmon with Mashed Potatoes, Homemade Tomato Sauce and Broccoli |
| Second Course | Homemade Biscuit with Fruit | Apple Cake | Mango Frozen Yoghurt | Summer Fruit Sponge and Custard | Flapjack with Fruit |

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

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| Week 2 | Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|--|
| Hot Main Choices <i>Halal & Vegetarian Options Available</i> | Cheese Whirl with Boiled Potatoes and Beans Jacket Potato with Cheese or Beans with Salad | Tempura Fish Goujons with Oven Baked Chips and Peas Vegetarian Bolognese with Pasta and Broccoli | Homemade Curry with Rice and Vegetable Medley Veggie Hotdog with Sweet Potato Wedges and Corn on the Cob | Baked Sausages with Mashed Potatoes, Yorkshire Pudding, Carrots and Gravy Mediterranean Pasta Bake with Side Salad | Caribbean Chicken with Rice and Sweetcorn Chickpea & Tomato Curry with Rice and Sweetcorn |
| Second Course | Sorbet with Fruit | Mandarin Cake | Fruit Sponge with Custard | Homemade Biscuit with Fruit | Rice Cake |

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| Week 3 | Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|--|
| Hot Main Choices <i>Halal & Vegetarian Options Available</i> | Homemade Pizza with Baked Jacket Wedges & Beans Veggie Chilli with Rice and Mixed Vegetables | Fish Fingers with Mashed Potatoes and Peas Quorn Fajita with Mixed Salad | Roast Dinner with Roast Potatoes, Yorkshire Pudding, Broccoli and Gravy Vegetarian Curry with Rice and Corn on the Cob | Spaghetti Bolognese with Sweetcorn Southern Style Quorn Burger on a Bun with Coleslaw | BBQ Chicken with Rice and Vegetable Medley Tomato & Roasted Vegetable Pasta Twists with Broccoli or Salad |
| Second Course | Homemade Biscuit with Fruit | Summer Fruit Crumble with Custard | Ice Cream Sundae | Chocolate & Vanilla Marble Sponge | Fruit Salad with Yoghurt |

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