Kingfisher Hall Primary Academy

Three-week lunch menu

Our school meals follow a three-week cycle. All three menus are shown in this document.



WEEK 1

Monday

MAIN DISH

Chicken Korma with Pilaf Rice & Naan Bread

VEGETARIAN OPTION

Chickpeas & Sweet Potato Curry with Pilaf Rice & Naan Bread

SIDE

Medley of Vegetables

DESSERT

Raspberry Jelly or Watermelon, Yoghurt

Tuesday

MAIN DISH

Pasta Bolognese with Garlic & Herb Bread Slice

VEGETARIAN OPTION

Vegan Quorn Bolognese with Garlic & Herb Bread Slice

SIDE

Broccoli / Carrots

DESSERT

Fruit Salad, Yoghurt & Jelly, Homemade Cookies

Wednesday

MAIN DISH

BBQ Chicken with Homemade Herby Crispy Potato Wedges, Yorkshire Pudding & Gravy

VEGETARIAN OPTION

BBQ Grilled Vegetables

SIDE

Sweetcorn & Diced Mixed Peppers

DESSERT

Fruit Salad & Yoghurt, Cheese & Crackers

Thursday

MAIN DISH

Mild Beef Chilli con Carne and Rice

VEGETARIAN OPTION

Mild Bean & Vegetable Chilli with Rice

SIDE

Nachos / Green Beans

DESSERT

Fruit Salad, Vanilla Sponge Cake with Custard

Friday

MAIN DISH

Breaded Chicken Goujons or Fish Fingers with Oven Chips

VEGETARIAN OPTION

Vegetable Breaded Nuggets with Oven Chips

SIDE

Peas & Baked Beans

DESSERT

Fruit Salad, Ice Cream, Chef's Special Dessert

Every day

BREAKFAST

Breakfast Club (Toast with Butter & Jam / Cereals & Fresh Fruit)

SALAD BAR

Daily selection of salads: Tomato, Cucumber, Mixed Leaf, Sweetcorn, Beetroot and Chef's Special

JACKETS & PASTA

Jacket Potatoes served daily with Butter, Cheese or Baked Beans & Tuna Mayo. Selection of Pasta Pots with Tomato Sauce or Cheese Sauce

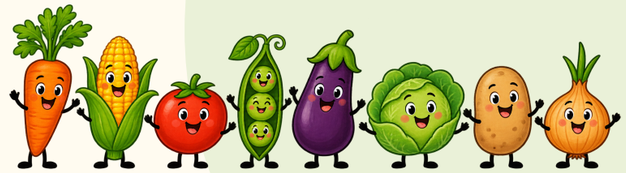
SANDWICHES & WRAPS

Selection of Sandwiches / Wraps: Cheese, Chicken, Tuna, Roasted Vegetable

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WEEK 2

Monday

MAIN DISH

Stir-Fry Honey & Ginger Chicken with Vegetable Noodles

VEGETARIAN OPTION

Glazed Honey Vegetables with Noodles

SIDES

Sliced Carrots

DESSERT

Raspberry Jelly or Watermelon, Yoghurt

Tuesday

MAIN DISH

Mac & Cheese with Garlic & Herb Bread Slice

VEGETARIAN OPTION

Chickpea, Cauliflower & Spinach Biryani

SIDES

Broccoli

DESSERT

Fruit Salad & Yoghurt, Homemade Cookies

Wednesday

MAIN DISH

Roast Chicken Thigh with Roast Potatoes, Yorkshire Pudding & Gravy

VEGETARIAN OPTION

Curried Potato & Pea Puff

SIDES

Medley of Vegetables

DESSERT

Fruit Salad, Yoghurt & Jelly, Cheese & Crackers

Thursday

MAIN DISH

Caribbean Chicken Stew with Rice & Peas

VEGETARIAN OPTION

Lentil Dhal with Vegetable Stir-Fry

SIDES

Lime & Coriander Cabbage Slaw

DESSERT

Iced Apple Sponge Cake with Custard; Fruit Salad & Yoghurt

Friday

MAIN DISH

Beef Cheeseburger or Breaded Fish Fingers with Oven Chips

VEGETARIAN OPTION

Vegetable Burger with Oven Chips

SIDES

Peas & Baked Beans

DESSERT

Fruit Salad, Ice Cream, Chef's Special Dessert

Every day

BREAKFAST

Breakfast Club (Toast with Butter & Jam / Cereals & Fresh Fruit)

SALAD BAR

Daily selection of salads: Tomato, Cucumber, Mixed Leaf, Sweetcorn, Beetroot and Chef's Special

JACKETS & PASTA

Jacket Potatoes served daily with Butter, Cheese or Baked Beans & Tuna Mayo. Selection of Pasta Pots with Tomato Sauce or Cheese Sauce

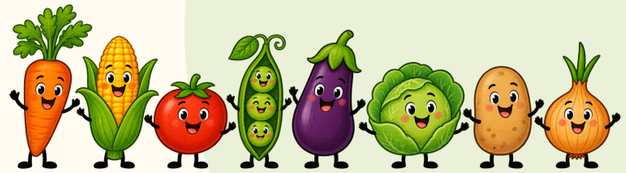
SANDWICHES & WRAPS

Selection of Sandwiches / Wraps: Cheese, Chicken, Tuna, Roasted Vegetable

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WEEK 3

Monday

MAIN DISH

Katsu Chicken Curry with Rice

VEGETARIAN OPTION

Katsu Vegetable Wrap

SIDE

Steamed Green Beans

DESSERT

Fruit Yoghurt with Granola Mix

Tuesday

MAIN DISH

Beef Meatballs with Rich Tomato Basil Sauce & 50/50 Pasta

VEGETARIAN OPTION

Meatless Meatballs with Rich Tomato Basil Sauce & 50/50 Pasta

SIDE

Broccoli

DESSERT

Fruit Salad & Yoghurt, Homemade Cookie

Wednesday

MAIN DISH

Halal Chicken Sausages with Mashed Potato & Gravy

VEGETARIAN OPTION

Vegetable Sausage with Mashed Potato & Gravy

SIDE

Medley of Vegetables

DESSERT

Fruit Salad, Yoghurt & Jelly, Cheese & Crackers

Thursday

MAIN DISH

Beef Burrito with Potato Wedges

VEGETARIAN OPTION

Roast Vegetable & Bean Burritos with Potato Wedges

SIDE

Sweetcorn & Mixed Peppers

DESSERT

Chocolate Sponge Cake with Custard

Friday

MAIN DISH

Pizza Margherita or Fish Fingers with Oven Chips

VEGETARIAN OPTION

Vegetable Breaded Nuggets with Oven Chips

SIDE

Peas & Baked Beans

DESSERT

Fruit Salad, Ice Cream, Chef's Special Dessert

Every day

BREAKFAST

Breakfast Club (Toast with Butter & Jam / Cereals & Fresh Fruit)

SALAD BAR

Daily selection of salads: Tomato, Cucumber, Mixed Leaf, Sweetcorn, Beetroot and Chef's Special

JACKETS & PASTA

Jacket Potatoes served daily with Butter, Cheese or Baked Beans & Tuna Mayo. Selection of Pasta Pots with Tomato Sauce or Cheese Sauce

SANDWICHES & WRAPS

Selection of Sandwiches / Wraps: Cheese, Chicken, Tuna, Roasted Vegetable