



AUTUMN TERM MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	6 th – 12 th Sep 21 4 th – 8 th Oct 21 15 th – 19 th Nov 21	13 th – 17 th Sep 21 11 th – 15 th Oct 21 22 nd – 25 th Nov 21	20 th – 24 th Sep 21 1 st – 5 th Nov 21 29 th Nov – 3 rd Dec 21	27 th Sep – 1 st Oct 21 8 th – 12 th Nov 21 6 th – 12 Dec 21
	Quorn and Mediterranean vegetables in a tomato and fresh herb sauce with pasta spirals and garlic bread. Fresh fruit salad or Llaeth y Llan yoghurt.	Beef or quorn bolognese served with garlic bread, cheese and pasta. Fresh fruit salad or Llaeth y Llan yoghurt.	Chicken goujons or vegetable bites served with new potatoes and seasonal vegetables or salad and couscous. Fresh fruit salad or Llaeth y Llan yoghurt.	Cheese and tomato pasta bake with peas, sweet corn, salad and garlic bread. Fresh fruit salad or Llaeth y Llan yoghurt.
	Chicken or vegetables in a Katsu curry sauce with rice and mini naan bread. Apple crumble and custard.	Chicken or Quorn fajitas served with mango salsa, rice and salad. Strawberry delight.	Chilli con carne or three-bean chilli served with rice and nachos. Chocolate delight.	Salmon bites or turkey breast served with cheesy mashed potato and whole-wheat spaghetti hoops; or vegan nuggets. Apple sponge and custard.
	Cheese and tomato pizza slice served with herby-diced potatoes, sweet corn and coleslaw. Raspberry mousse.	Sausage selection (pork, chicken or Glamorgan) served with mashed potatoes, peas, carrots and onion gravy. Fresh strawberry jelly.	Roast lamb or chicken served with gravy and mint sauce, roast and creamed potatoes, and seasonal vegetables. Spinach and lentil bake. Chocolate chip mini muffin.	Veggie balls in a tomato and basil sauce served with pasta spirals and garlic bread. Welsh cakes.
	Roast chicken breast and gravy or sweet potato falafel with seasonal vegetables and roast potatoes. Blueberry muffin.	Chicken breast burger or veggie-burger in a bun with jacket potato wedges, peas and sweet corn. Banana custard.	Beef or Quorn lasagne served with peas and sweetcorn, or salad and coleslaw, with garlic bread. Jam sponge and custard.	Winter beef or jack fruit casserole served with herby diced potatoes, vegetables and crusty bread. Rice pudding and strawberry jam.
	Breaded cod fillet or cheese and leek potato pie served with oven baked chips, peas or baked beans. Vanilla ice cream pot.	Fish cakes served with oven-baked chips, peas or beans or cheese and beans on toast. Vanilla ice cream pot.	Breaded haddock served with oven-baked chips, peas or beans and jacket potato selection. Vanilla ice cream pot.	Cod fish fingers or sausage selection (including Quorn) served with peas or baked beans and oven baked chips. Vanilla ice cream pot.

EVERY 3rd THURSDAY OF THE MONTH THERE WILL BE A VEGETARIAN DAY ACROSS OUR WHOLE MENU. MENUS WILL BE ADVERTISED.

A special menu of favourite dishes will be on offer the last week of the Autumn term. Further details will be advertised out nearer the time.

Additional bread and salad included with all main meals.

Meals which are suitable for vegetarians are indicted in green.

Full allergy information on all foods is available from the catering team.

Grab bags, fruit pots, salad boxes, noodle pots are available, and a snack counter with panini, pizza and homemade soup.



If you have any questions about this menu or would like further information on our catering services please contact our Catering Manager Ruth at ruthclarke@kingsmonkton.org.uk