



AUTUMN TERM MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 st – 4 th Sep 20 5 th – 9 th Oct 20 16 th – 20 th Nov 20	7 th – 11 th Sep 20 12 th – 16 th Oct 20 23 rd – 27 th Nov 20	14 th – 21 st Sep 20 2 nd – 6 th Nov 20 30 th Nov – 4 th Dec 20	28 th Sep – 2 nd Oct 2020 9 th – 13 th Nov 20 7 th – 11 th Dec 20
	Quorn bites in a tomato and herb sauce served with pasta spirals, garlic bread and salad. Fresh fruit salad or Llaeth y Llan yoghurt.	Beef or quorn bolognaise 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 vegetable noodles with hoi-sin sauce and special rice. Strawberry delight.	Chilli con carne or three-bean chilli served with rice and nachos. Chocolate delight.	Roast lamb served with gravy and mint sauce, roast and creamed potatoes, and seasonal vegetables. Spinach and chickpea curry. Chocolate chip mini muffin.
	Cheese and tomato pizza slice served with herby-diced potatoes, sweet corn and coleslaw. Raspberry mousse.	Salmon bites or turkey breast served with cheesy mashed potato and whole-wheat spaghetti hoops; or vegan nuggets. Apple sponge and custard.	Veggie balls in a tomato and basil sauce served with pasta spirals and garlic bread. Banana custard.	Beef or Quorn lasagne served with peas and sweetcorn, or salad and coleslaw, with garlic bread. Mandarin orange jelly.
	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. Welsh cakes.	Sausage selection (pork, chicken or Glamorgan) served with mashed potatoes, peas, carrots and onion gravy. Fresh strawberry jelly.	Homemade chicken & vegetable pie served, new potatoes, peas and carrots, and gravy. Cheese and onion pasty with veggie gravy. Jam sponge and custard.
	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.

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 indicated 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

