












Kingstanley Autumn Menu 2021



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1 30/08/2021 20/09/2021 11/10/2021 08/11/2021 29/11/2021	Option 1	Vegetable Fajitas with Rice No kidney beans  	Sausage roll with ½ Baked potato	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Spaghetti Bolognaise No lentils	MSC Fish Fingers with Chips and Tomato Sauce
	Option 2	Macaroni Cheese	Tomato pasta bake No lentils 	Roasted Quorn Fillet with Roast Potatoes and Gravy 	Vegetable sausage hotdog with Potato Wedges 	Cheese and Tomato Pinwheel with Chips
	Option 3	Jacket Potato with filling	Tomato soup with filled baguette	Jacket Potato with filling	Jacket Potato with filling	Jacket Potato with filling
	Vegetables	sweetcorn Carrots	Broccoli Sweetcorn	Cauliflower Savoy cabbage	Carrots Broccoli	Baked Beans Sweetcorn
	Dessert	Sticky Toffee Apple Crumble with Custard 	Oaty Cookie 	Mandarin Jelly 	Pineapple Sponge	Apple, Cheese and Biscuits
Or a choice of Yoghurt & Fresh Fruit available daily						

Week 2 06/09/2021 27/09/2021 18/10/2021 15/11/2021 06/12/2021	Option 1	Cheese and Tomato Pizza with New Potatoes	Sausage & Mash	Roast Pork with Roast Potatoes and Gravy	Mediterranean Chicken with Rice No Lentils 	MSC Fish in Batter with Chips and Tomato Sauce
	Option 2	Vegetable Tagine with cous cous No chickpeas  	Roasted Cauliflower curry with rice No Peas/chickpeas  	Roasted Quorn Fillet with Roast Potatoes and Gravy	Vegetable lasagne No peas/lentils	Vegetable Pasty with chips No peas/lentils
	Option 3	Jacket Potato with filling	Jacket Potato with filling	Jacket Potato with filling	Tomato soup with ½ filled baguette	Jacket Potato with filling
	Vegetables	Sweetcorn	Carrots Swede	Broccoli Carrots	Sweetcorn Savoy Cabbage	Baked Beans Sweetcorn
	Dessert	Fruit Crumble with Custard 	Lemon Drizzle Cake	Chocolate Shortbread 	Peach Pudding with Custard	Apple Flapjack  
Or a choice of Yoghurt & Fresh Fruit available daily						

Week 3 13/09/2021 04/10/2021 01/11/2021 22/11/2021 13/12/2021	Option 1	Cheese and Tomato pizza with wedges	Beef burger with ½ Baked potato	Roast Gammon with Roast Potatoes and Gravy	Chicken, Pie with Mashed Potatoes no peas 	MSC Fishfingers with Chips and Tomato Sauce
	Option 2	Vegetable sausage hotdog  	Shepherdess Pie No peas 	Roasted Quorn Fillet with roast potatoes & gravy 	Vegetable Pasta Bake No peas	BBQ Quorn with Chips
	Option 3	Jacket Potato with filling	Tomato Soup with filled Baguette	Jacket Potato with filling	Jacket Potato with filling	Jacket Potato with filling
	Vegetables	Broccoli Sweetcorn	Carrots	Swede Broccoli	Carrots Cauliflower	Baked Beans Sweetcorn
	Dessert	Eves Pudding with Custard	Vanilla sponge with chocolate sauce	Fruity Shortbread 	Pear and Chocolate crumble and Custard	Iced sponge
Or a choice of Yoghurt & Fresh Fruit available daily						

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.