

Updated for Winter Term Jan 22  
**Kingstanley Autumn Menu 2021**

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1 3/1/22 24/1/22 14/2/22	Option 1	Vegetable Fajitas with Rice <b>No kidney beans</b>  	Sausage roll with 1/2 Baked potato	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Spaghetti Bolognaise <b>No lentils</b>	MSC Fish Fingers with Chips and Tomato Sauce
	Option 2	Macaroni Cheese	Tomato pasta bake <b>No lentils</b> 	Vegetable Wellington 	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	<b>sweetcorn</b> Carrots	Broccoli Sweetcorn	Cauliflower <b>Savoy cabbage</b>	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 10/1/22 31/1/22	Option 1	Cheese and Tomato Pizza with New Potatoes	Sausage & Mash	Roast Pork with Roast Potatoes and Gravy	Mediterranean Chicken with Rice <b>No Lentils</b> 	MSC Fish in Batter with Chips and Tomato Sauce
	Option 2	Vegetable Tagine with cous cous <b>No chickpeas</b>  	Roasted Cauliflower curry with rice <b>No Peas/chickpeas</b>  	Vegetable Wellington	Vegetable lasagne <b>No peas/lentils</b>	Vegetable Pasty with chips <b>No peas/lentils</b>
	Option 3	Jacket Potato with filling	Jacket Potato with filling	Jacket Potato with filling	Tomato soup with 1/2 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 17/1/22 7/2/22	Option 1	Cheese and Tomato pizza with wedges	Beef burger with 1/2 Baked potato	Roast Gammon with Roast Potatoes and Gravy	Chicken, Pie with Mashed Potatoes <b>no peas</b> 	MSC Fishfingers with Chips and Tomato Sauce
	Option 2	Vegetable sausage hotdog  	Shepherdess Pie <b>No peas</b> 	Vegetable Wellington 	Vegetable Pasta Bake <b>No peas</b>	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

**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