

King Stanley Spring Menu 2020
No Peas/Lentils/chickpeas/butterbeans on site



Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Week 1 06/01/20 27/01/20 24/02/20 16/03/20	Option 1	Cheese & Tomato Pizza	Sausage & Mash with Gravy	Roast Chicken, Stuffing, Roast Potatoes & Gravy	Chicken Curry with Rice no lentils	Fish Fingers/ Salmon Fish Fingers with Chips
	Option 2	Spinach & Sweet Potato Curry with Rice No Lentils	Tomato & Vegetable Pasta No Peas	Veg Wellington, Roast Potatoes & Gravy No Lentils	Macaroni Cheese	Vegetarian Sausage & Chips
	Option 3	Jacket Potato with Beans	Tomato Soup with ½ Filled Baguette	Jacket Potato with Tuna	Vegetable Soup with ½ Filled Baguette no butterbeans	Jacket Potato with Cheese
	Vegetables	Sweetcorn Broccoli	Cauliflower Swede	Carrots Green Beans	Savoy Cabbage Sweetcorn	Baked Beans
	Dessert	Fruit Strudel with Custard Yoghurt / Fruit	Pineapple Cake Yoghurt / Fruit	Orange & Lemon Shortbread Yoghurt / Fruit	Syrup Sponge with Custard Yoghurt / Fruit	Apple, Cheese & Crackers Fruit /Yoghurt

Week 2 13/01/20 03/02/20 02/03/20 23/03/20	Option 1	Cheese, Tomato & Pepper Pizza	Sausage Roll with Wedges	Roast Gammon Roast Potatoes & Gravy	Beef Chilli with Rice no lentils	Breaded Fish with Chips
	Option 2	Vegetable chilli with Rice No 5 Beans	Soya Spaghetti Bolognaise no lentils	Quorn Roast Fillet with Roast Potatoes & Gravy	Southern Style Vegan Burger	Cheese Frittata with Chips
	Option 3	Jacket Potato with Beans	Tomato Soup with ½ Filled Baguette	Jacket Potato with Tuna	Vegetable Soup with ½ Filled Baguette no butterbeans	Jacket Potato with Cheese
	Vegetables	Sweetcorn Carrots	Coleslaw	Savoy Cabbage Swede	Sweetcorn Green Beans	Baked Beans
	Dessert	Oaty Pear Crumble & Custard Yoghurt / Fruit	Iced Sponge Yoghurt / Fruit	Chocolate & Mandarin Brownie Yoghurt / Fruit	Banana Sponge & Custard Yoghurt / Fruit	Apple, Cheese & Crackers Fruit / Yoghurt

Week 3 20/01/20 10/02/20 09/03/20 30/03/20	Option 1	Roasted Vegetable Pizza	Chicken & Sweetcorn Pie with Mash & Gravy	Roast Turkey Roast Potatoes & Gravy	Beef Spaghetti Bolognaise no lentils	Fish in Batter with Chips
	Option 2	Vegetable Curry With Rice No Chickpeas	Moroccan Veggie Balls in Tomato Sauce & M...	Vegetable Hotpot No chickpeas	Vegan Sausage Roll & Baby Baked Potatoes	Potato & Courgette Stack
	Option 3	Jacket Potato with Beans	Tomato Soup with ½ Filled Baguette	Jacket Potato with Tuna	Vegetable Soup with ½ Filled Baguette no butterbeans	Jacket Potato with Cheese
	Vegetables	Sweetcorn Green Beans	Carrot Broccoli	Cauliflower Savoy Cabbage	Green Beans Carrots	Baked Beans
	Dessert	Apple Flapjack Yoghurt / Fruit	Oaty Cookie Yoghurt / Fruit	Chocolate Cake with Chocolate Drizzle Yoghurt / Fruit	Fruit Crumble with Custard Yoghurt / Fruit	Apple, Cheese & Crackers Yoghurt / Fruit

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, traces or elements within products.