

Summer Autumn Menu 2024



Kingsway
Community Trust

| Week 1 | Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|-------------------------|---|---|
| Hot Main Choices <i>Halal Options Available</i> | Cheese Whirl with Diced Potatoes & Beans | Roast Chicken with Roast Potatoes, Yorkshire Pudding, Peas, Sweetcorn & Gravy | Lasagne with Carrots | Battered Fish with Jacket Wedges & Peas | Chicken Tikka Masala with Rice, Naan & Broccoli |
| | Veggie Balls in Sweet Pepper Sauce with Noodles & Broccoli | Vegetarian Rice with Salad | Quorn Fajita with Salad | Veggie Chilli with Jacket Wedges, Cheese & Coleslaw | Jacket Potato Selection with Salad |
| Second Course | Seasonal Fruit with Ice Cream | Jelly & Fruit | Flapjack | Pear & Chocolate Sponge with Custard | Lancashire Biscuit |

Fruit, Yoghurt, Water, Semi-Skimmed Milk & Bread Basket Available Daily

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| Week 2 | Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|---|
| Hot Main Choices <i>Halal Options Available</i> | Cheese & Tomato Pizza with Saute Potatoes & Broccoli Piri Piri Quorn with Rice & Tomato Salsa | Baked Sausages with Mashed Potatoes, Carrots & Gravy Tomato & Salmon Pasta with Corn on the Cob | Beef Enchilada with Broccoli Jacket Potato Selection with Salad | Mediterranean Chicken with Pasta & Peas Chickpea & Sweet Potato Curry with Rice & Peas | Chinese Chicken with Rice & Oriental Vegetables Quorn Southern Style Burger Wrap with Sweet Chilli Sauce & Salad |
| Second Course | Sorbet with Fruit | Cherry Bakewell Shortbread | Lemon Drizzle Cake | Chocolate Fudge Cake with Ice Cream | Frozen Yoghurt with Fruit |

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| Week 3 | Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|---|
| Hot Main Choices <i>Halal Options Available</i> | Veggie Spaghetti Bolognese with Sweetcorn Quorn Sausage with Jacket Wedges & Sweetcorn | Mexican Chicken with Rice & Tomato Salsa Jacket Potato Selection with Salad | Fish Goujons with Chips & Beans Quorn & Vegetable Curry with Rice & Cucumber Raita | Meatballs in Gravy with Mashed Potatoes, Carrots & Broccoli Tuna or Cheese Panini Melt with Coleslaw & Salad | Homemade Curry with Rice & Peas Cheese Flan with New Potatoes & Peas |
| Second Course | Ice Cream Roll with Fruit | Jam Feathered Sponge with Custard | Orange Cookie with Fruit | Apple Cake | Flapjack |

Fruit, Yoghurt, Water, Semi-Skimmed Milk & Bread Basket Available Daily