King's Academy Northern Parade 3 WEEK MENU Spring/Summer 2024







W/C: 15/04, 06/05, 27/05 17/06, 08/07, 02/09, 23/09, 14/10









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Dish 1

Cheese and Tomato Pizza Served with Potato Wedges

Classic Beef Burger Served with Potato Wedges

BBQ Chicken Served with Roast Potatoes

Chilli Con Carne Made with Turkey Mince, Served with Wholegrain Rice

Fish Fingers Served with Chips

Main Dish 2

Vegetable Korma Served with Wholegrain Rice

Vegetarian Burger Served with Potato Wedges **Cheesy Ploughman's Plate**

Chilli No Carne with Crispy Tortilla Served with Wholegrain Rice **Crispy Quorn Nuggets** Served with Chips

Jacket Potato

Jacket Potatoes With a choice of hot or cold fillings **Jacket Potatoes**

With a choice of hot or cold fillings Including salmon mayonnaise

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Jacket Potatoes With a choice of hot or cold fillings

Pasta

Homemade Tomato Pasta

Available Every Day

Dessert

Vanilla Ice Cream **Crispy Crackle Cake** Carrot, Orange and **Sultana Slice**

All meals are served with two vegetables, yogurt, fresh fruit and baked bread

Original Flapjack

Forest Fruits Jelly



Ham or Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day









W/C: 22/04, 13/05, 03/06 24/06, 15/07, 09/09, 30/09, 21/10









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Dish 1

Cheese and Tomato Pizza Served with Potato Wedges Beef Bolognese Served with Wholewheat Pasta Roast Beef
Served with Roast Potatoes and
Gravy

Butter Chicken Curry Served with Wholegrain Rice Breaded Fish Fingers Served with Chips

Main Dish 2

Sweet Potato Curry
Served with Wholegrain Rice

Veggie Burrito

Quorn Roast
Served with Roast Potatoes and
Gravy

Macaroni Cheese

Veggie Fingers Served with Chips

Jacket Potato

Jacket Potatoes
With a choice of hot or cold fillings

Jacket Potatoes
With a choice of hot or cold fillings
Including salmon mayonnaise

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Jacket Potatoes
With a choice of hot or cold fillings

Pasta

Homemade Tomato Pasta

Available Every Day

Dessert

Strawberry Frozen Yoghurt Vanilla Sponge & Custard

Orange Jelly

All meals are served with two vegetables, yogurt, fresh fruit and baked bread

Chocolate Shortbread and Fruit

Orange Drizzle

Packed Lunch Available

Ham or Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day











W/C: 29/04, 20/05, 10/06 01/07, 22/07, 16/09, 07/10









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Dish 1

Cheese and Tomato Pizza Served with Potato Wedges

Pork Sausages Served with Mash Potatoes and Gravy

Roast Chicken Served with Roast Potatoes and Gravy

Chicken and Broccoli Pasta Bake

Breaded Fish Fingers Served with Chips

Main Dish 2

Chinese Vegetable Noodles

With a choice of hot or cold fillings

Homemade Cheesy Tomato

Pasta

Vegetarian Sausages

Served with Mash Potatoes and Gravy

Cheese and Onion Pasty

Served with Roast Potatoes and Gravy

Meatless Balls in Tomato

Sauce Served with Rainbow Rice

Crispy Quorn Dippers Served with Chips

Jacket Potato

Pasta

Available Every Day

Dessert

Jacket Potatoes Jacket Potatoes

With a choice of hot or cold fillings Including salmon mayonnaise

Homemade Tomato Pasta

Jacket Potatoes

With a choice of hot or cold fillings

Homemade Tomato Pasta

Jacket Potatoes

With a choice of hot or cold fillings

Homemade Tomato Pasta

Homemade Tomato Pasta

Jacket Potatoes

With a choice of hot or cold fillings

All meals are served with two vegetables, yogurt, fresh fruit and baked bread

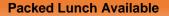
Chocolate Ice Cream

Strawberry Jelly

Oatie Cookie

Pineapple Upside Down **Cake with Custard**

Chocolate Brownie



Ham or Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day









