

# Autumn Winter Menu 2021.22



**Kingsway**  
Community Trust

Week 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Choices</b>  <i>Halal &amp; Vegetarian Options Available</i>	Cheese & Onion Pie with Boiled Potatoes  Vegetarian Bolognaise with Pasta	Marinated Chicken Fillet with Rice  Veggie Curry with Rice	Baked Sausages, Yorkshire Pudding, Mash & Gravy  Pasta in Tomato & Basil Sauce	Homemade Curry with Rice  Cheese Whirl with Baked Jacket Wedges	Fish Fingers with Oven Baked Chips  Chickpea & Tomato Curry with Rice
Vegetables	Baked Beans  Salad	Sweetcorn	Broccoli	Cucumber Raita  Salad	Garden Peas  Salad
Second Course	Raspberry Sorbet with Fruit	Seasonal Fruit Sponge with Custard	Shortbread Bite with Fruit Slices	Chocolate & Beetroot Cake	Jelly with Fruit

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

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Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Choices</b>  <i>Halal &amp; Vegetarian Options Available</i>	Homemade Pizza with Oven Baked Chips  Homemade Frittata with Oven Baked Chips	Roast Dinner with Roast Potatoes, Yorkshire Pudding & Gravy  Vegeballs in Masala Sauce with Rice	Homemade Curry with Rice  Filled Jacket Potato Selection	Seaside Salmon with Baked Jacket Wedges  Vegetable Pasta Bake	Spaghetti Bolognaise  Cheese Flan with Mashed Potatoes
Vegetables	Sweetcorn	Broccoli  Carrots	Homemade Salsa  Salad	Peas  Salad	Broccoli  Red Cabbage
Second Course	Flapjack	Fruity Frozen Yoghurt with Peaches	Iced Banana Loaf	Seasonal Fruit Crumble with Custard	Oat Crunchie Bite with Fruit Slices

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

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Week 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Choices</b>  <i>Halal &amp; Vegetarian Options Available</i>	Homemade Pizza with Baked Jacket Wedges  Mediterranean Pasta Bake	Tempura Fish Goujons with Boiled Potatoes  Quorn Cobbler	Roast Dinner with Roast Potatoes, Yorkshire Pudding & Gravy  Vegetable Keema with Rice	BBQ Chicken with Rice  Southern Style Quorn Burger on a Bun with Salad	Baked Sausages with Mashed Potatoes & Gravy  Vegetable Curry with Naan Bread
Vegetables	Baked Beans  Mini Corn on the Cob	Green Beans  Cauliflower	Cabbage  Carrots	Broccoli  Salad	Peas  Salad
Second Course	Chocolate Dessert Whip with Fruit	Mandarin Cake	Mini Homemade Biscuit with Fruit	Raspberry Sponge with Custard	Fruit Salad with Yoghurt

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