

Winter Spring Menu 2022.23



Kingsway
Community Trust

Week 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Choices <i>Halal & Vegetarian Options Available</i>	Cheese Whirl with Paprika Potatoes and Broccoli Chickpea & Sweet Potato Curry with Rice & Peas	Hunters Chicken with Rice & Sweetcorn Cheese & Onion Quiche with Jacket Wedges & Beans	Fish Goujon & Lemon Mayo Wrap with Chips & Peas Roasted Vegetable Pasta Bake with Salad	Homemade Curry with Half and Half Rice & Naan with Sliced Carrots Homemade Soup & Filled Panini	Chicken in Tomato & Basil Sauce with Pasta and Broccoli Filled Jacket Potato with Side Salad
Second Course	Homemade Biscuit with Fruit	Carrot & Orange Cake	Jelly Mandarin Dessert	Apple, Banana & Date Sponge with Custard	Flapjack 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
Hot Main Choices <i>Halal & Vegetarian Options Available</i>	Cheese & Tomato Pizza with Baked Jacket Wedges and Beans Vegetable Jambalaya with Salad	Spaghetti Bolognaise with Peas Quorn Frankfurter Hotdog with Herby Diced Potatoes & Corn on the Cob	Chicken Gyros Salad Pitta with Cucumber & Yoghurt Dip & Side of Baked Wedges Veggie Chilli Served on Baked Wedges with Salad	Roast Dinner with Roast Potatoes, Yorkshire Pudding, Broccoli and Gravy Seaside Salmon with Chips & Peas	Homemade Meatballs in Masala Sauce with Rice and Sliced Carrots Filled Jacket Potato with Side Salad
Second Course	Fruit Salad with Frozen Yoghurt	Banana Loaf	Homemade Biscuit with Fruit Slices	Chocolate & Beetroot Cake	Apple & Pear Crumble with Custard

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Week 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Choices <i>Halal & Vegetarian Options Available</i>	Cheese & Onion Pie with Seasoned Diced Potatoes & Sliced Carrots Veggie Meatballs in Gravy with Mashed Potatoes & Sliced Carrots	Chicken Curry with Rice & Tomato & Onion Salsa Cheesy Bean Tortilla Boat with Mixed Salad	Baked Sausages with Mashed Potatoes, Yorkshire Pudding, Peas and Gravy Tomato & Vegetable Pasta Twists with Broccoli	Marinated Chicken with Rice & Sweetcorn Filled Jacket Potato with Side Salad	Fish Fingers with Chips & Peas Vegeball Sub with Salad
Second Course	Homemade Biscuit with Fruit	Apple Spiced Cake	Frozen Yoghurt with Fruit	Chocolate Cracknell	Fruit Sponge & Custard

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