



Kingsway
Community Trust

Spring 2026 Menu



Week 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Choices <i>Halal Options Available</i>	Vegetable Pasta Bolognese (<i>contains wheat & barley gluten, egg</i>) with Broccoli Veggie Kofta (<i>contains wheat & barley gluten</i>) with Salad	Roast Chicken Dinner with Mashed Potatoes, Yorkshire Pudding (<i>contains wheat gluten, egg, milk</i>), Carrots & Gravy Macaroni Cheese Bake (<i>contains wheat gluten, milk</i>) with Carrots	Cheese Whirl (<i>contains wheat gluten, egg, milk</i>) with Mashed Potatoes & Beans Sweet Potato & Chickpea Curry (<i>contains sulphites</i>) with Rice & Sweetcorn	Spaghetti Meatballs (<i>contains wheat gluten, egg</i>) with Salad or Peas Vegetable & Bean Chilli (<i>contains barley gluten, egg</i>) with Rice & Peas	Chicken Biryani with Broccoli Jacket Potato Selection (<i>contains milk, fish, egg</i>) with Broccoli
Second Course	Fruit Salad	Flapjack (<i>contains oat gluten</i>)	Ice Cream (<i>contains milk</i>) & Fruit	Apple Cake & Custard (<i>contains wheat gluten, egg, milk</i>)	Chocolate Biscuit (<i>contains wheat gluten</i>)

Fruit, Yoghurt (*contains milk*), Water, Semi-Skimmed Milk (*contains milk*) & Bread (*contains gluten*) Available Daily Allergens indicated in brackets ()



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Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Choices <i>Halal Options Available</i>	Homemade Pizza <i>(contains wheat gluten, milk)</i> with Beans Veggie Curry with Rice & Salad	Marinated Chicken Salad Wrap <i>(contains wheat gluten)</i> Vegetable Pasta Bake <i>(contains wheat & barley gluten, egg, milk)</i> with Salad	Beef Pasta Bolognese <i>(contains wheat gluten)</i> with Peas Jacket Potato Selection <i>(contains milk, fish, egg)</i> with Peas or Salad	Chicken Curry with ½ Rice ½ Naan <i>(contains wheat gluten)</i> & Carrots Veggie Ball Marinara Sub <i>(contains wheat gluten, soya)</i> with Salad	Fish Fingers <i>(contains wheat gluten, fish)</i> with Mashed Potatoes & Peas Tandoori Quorn <i>(contains milk, sulphites)</i> with Rice & Peas
Second Course	Lancashire Biscuit <i>(contains wheat gluten)</i>	Sponge & Custard <i>(contains wheat gluten, milk, egg)</i>	Fruit Salad	Banana Loaf <i>(contains wheat gluten, milk, egg)</i>	Ice Cream <i>(contains milk)</i> & Fruit

Fruit, Yoghurt *(contains milk)*, Water, Semi-Skimmed Milk *(contains milk)* & Bread *(contains gluten)* Available Daily Allergens indicated in brackets ()



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Week 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Choices <i>Halal Options Available</i>	Creamy Tomato Pasta (<i>contains wheat gluten, milk</i>) with Mixed Salad	Cheese Flan (<i>contains wheat gluten, milk, egg</i>) with Parsley Potatoes & Carrots	Chicken Curry (<i>contains milk</i>) with Rice & Sweetcorn	Baked Sausages (<i>contains wheat gluten, soya, sulphites</i>) with Mashed Potatoes & Broccoli	Sweet Chilli Chicken (<i>contains wheat gluten, soya</i>) with Noodles (<i>contains wheat gluten, egg</i>) & Peas
	Jacket Potato Selection (<i>contains milk, fish, egg</i>) with Mixed Salad	Salmon Tomato Pasta (<i>contains wheat gluten, fish</i>) with Carrots	Veggie Mince Pie (<i>contains wheat & barley gluten, egg</i>) with Mashed Potatoes & Sweetcorn	Lentil Dahl with Rice & Broccoli	BBQ Veggie Loaded Wedges (<i>contains wheat & barley gluten, egg, soya, milk</i>) with Salad
Second Course	Flapjack (<i>contains oat gluten</i>) & Fruit	Shortbread (<i>contains wheat gluten</i>)	Fruit Sponge & Custard (<i>contains wheat gluten, milk, egg</i>)	Fruit Salad	Homemade Biscuit (<i>contains wheat gluten, egg</i>)

Fruit, Yoghurt (*contains milk*), Water, Semi-Skimmed Milk (*contains milk*) & Bread (*contains gluten*) Available Daily Allergens indicated in brackets ()