

[WEEKLY MENU]



Week 3

Weeks Commencing: Mon 18th Sept - Mon 9th Oct - Mon 6th Nov - Mon 27th Nov - Mon 18th Dec



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Quorn Nuggets & Seasoned Potato Wedges (G)	African Vegetable Stew (CE, G*)	Roast Turkey + Gravy	Sweet and Sour Quorn (CE, E)	Fish Fingers & Chips (F, G)
Vegetarian Dish of the Day	Jerk Vegetable Curry & Rice (CE, G*)	Mac & Cheese (G, MK)	Vegetable Parcel (G)	Vegetable Chow Mein (CE*, E, G, MU*, SO)	Cheesy Calzone & Chips (G, MK)
Vegetable Choice	Seasonal Vegetables	Green Salad & Coleslaw (E, MU)	Rustic Roast Potatoes & Seasonal Vegetables	Steamed Rice & Stir Fried Greens	Beans or Peas
Dessert of the Day	Winter Berry Traybake (E, G, MK*)	Shortbread Biscuit (G)	Iced Vanilla Sponge (E, G)	Fruit Jelly	Ice Cream (MK)
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit

Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds
* = May Contain

Kender Primary School

