



# AUTUMN WINEEVENING EXAMPLE

w.c 04.11.24 25.11.24 16.12.24 06.01.25 27.01.25 10.03.25 31.03.25

2024 - 1 <small>Hot</small>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Beef Grill with Diced Potatoes and Sweetcorn	Chicken Fillet in Gravy with Mashed Potato And Green Beans	Cheese and Tomato Pizza Slice with Baked Beans (v)	Roast Chicken Fillet in Gravy with Yorkshire Pudding and Roast Potatoes with Diced Carrots	Salmon Fish Fingers with Chips and Garden Peas Tomato Ketchup (optional)
<b>Vegetarian</b>	Meat Free Chicken Style Burger with Diced Potatoes and Sweetcorn (v/vgn)	Quorn Sausage in Gravy with Mashed Potato and Green Beans (v/vgn)	Vegetable and Potato Frittata with Baked Beans (v)	Roast Quorn Fillet in Gravy with Roast Potatoes and Diced Carrots (v/vgn)	Macaroni Cheese with Garden Peas (v)
<b>Jacket Potato</b>	<b>Option A -</b> with Grated Cheese (v) Carrot and Cucumber Sticks	<b>Option A -</b> with Grated Cheese (v) Carrot and Cucumber Sticks	<b>Option A -</b> with Grated Cheese (v) Carrot and Cucumber Sticks	<b>Option A -</b> with Grated Cheese (v) Carrot and Cucumber Sticks	<b>Option A -</b> with Grated Cheese (v) Carrot and Cucumber Sticks
	<b>Option B -</b> with Baked Beans (vgn) Carrot and Cucumber Sticks	<b>Option B -</b> with Tuna Mayo Carrot and Cucumber Sticks	<b>Option B -</b> with Baked Beans (vgn) Carrot and Cucumber Sticks	<b>Option B -</b> with Tuna Mayo Carrot and Cucumber Sticks	<b>Option B -</b> with Baked Beans (vgn) Carrot and Cucumber Sticks
<b>*Free From</b>	Vegetable Chilli with Rice and Sweetcorn (v/vgn)	Vegetable Cottage Pie with Green Beans (v/vgn)	Sweet Chilli Vegetable Stir Fry with Rice and Sweetcorn (v/vgn)	Roast Chicken Fillet in Gravy with Roast Potatoes and Diced Carrots	Battered Chicken Bites with Chips and Garden Peas
<b>Packed Lunch</b>	<b>Option A -</b> Cheese Roll (v) Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option A -</b> Cheese Sandwich (v) Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option A -</b> Cheese Roll (v) Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option A -</b> Cheese Sandwich (v) Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option A -</b> Cheese Roll (v) Carrot and Cucumber Sticks, Pudding of the day or Fruit
	<b>Option B -</b> Tuna Mayo Roll Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option B -</b> Ham Sandwich Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option B -</b> Egg Mayo Roll Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option B -</b> Ham Sandwich Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option B -</b> Meat Free Sausage Roll Carrot and Cucumber Sticks, Pudding of the day or Fruit (v/vgn)
<b>Pudding</b>	Mini Blueberry Muffin (v) or Fruit (v/vgn)	Fresh Fruit (v/vgn)	Peach Slices with Evaporated Milk (v) or Fruit (v/vgn)	Coconut Cookie (v/vgn) or Fruit (v/vgn)	Carrot Cake (v) or Fruit (v/vgn)

(v) Vegetarian suitable

(vgn) Vegan suitable

\*All **Free From** Meals are free from top 14 Allergens

**Please see online for full information of ingredients/allergens contained in the meals and puddings**

**Key Dates to remember:**

**Christmas Dinner - please check online**

**or with your school for the date**

**Christmas Dinner will be held on**



[www.kingswoodcatering.co.uk](http://www.kingswoodcatering.co.uk)

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2024 - 2 <small>Hot</small>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Pork Meatballs in Tomato Sauce with Wholemeal Pasta and Sweetcorn	Breaded Chicken Fillet with Potato Wedges and Baked Beans	Vegetable Katsu Curry with Rice and Mixed Vegetables (v/vgn)	Roast Beef Slice in Gravy with Yorkshire Pudding, Roast Potatoes and Diced Carrots	Fish Cake with Chips and Garden Peas, Tomato Ketchup (optional)
<b>Vegetarian</b>	Meat Free Balls in Tomato Sauce with Wholemeal Pasta and Sweetcorn (v/vgn)	Cheese and Tomato Quiche with Potato Wedges and Baked Beans (v)	Macaroni Cheese with Mixed Vegetables (v)	Roast Quorn Fillet in Gravy, Roast Potatoes and Diced Carrots (v/vgn)	Plain Omelette with Chips and Garden Peas (v)
<b>Jacket Potato</b>	<b>Option A -</b> with Grated Cheese (v) Carrot and Cucumber Sticks	<b>Option A -</b> with Grated Cheese (v) Carrot and Cucumber Sticks	<b>Option A -</b> with Grated Cheese (v) Carrot and Cucumber Sticks	<b>Option A -</b> with Grated Cheese (v) Carrot and Cucumber Sticks	<b>Option A -</b> with Grated Cheese (v) Carrot and Cucumber Sticks
	<b>Option B -</b> with Baked Beans (vgn) Carrot and Cucumber Sticks	<b>Option B -</b> with Tuna Mayo Carrot and Cucumber Sticks	<b>Option B -</b> with Baked Beans (vgn) Carrot and Cucumber Sticks	<b>Option B -</b> with Tuna Mayo Carrot and Cucumber Sticks	<b>Option B -</b> with Baked Beans (vgn) Carrot and Cucumber Sticks
<b>*Free From</b>	Rataouille with Rice and Sweetcorn (v/vgn)	One Pot Winter Vegetable Stew with Potato Wedges (v/vgn)	Mediterranean Vegetable Quinoa Bake with Mixed Vegetables (v/vgn)	Roast Beef Slice in Gravy, Roast Potatoes and Diced Carrots	Battered Chicken Bites with Chips and Garden Peas
<b>Packed Lunch</b>	<b>Option A -</b> Cheese Roll (v) Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option A -</b> Cheese Sandwich (v) Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option A -</b> Cheese Roll (v) Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option A -</b> Cheese Sandwich (v) Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option A -</b> Cheese Roll (v) Carrot and Cucumber Sticks, Pudding of the day or Fruit
	<b>Option B -</b> Tuna Mayo Roll Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option B -</b> Ham Sandwich Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option B -</b> Chilled Cheese and Tomato Pizza Slice Carrot and Cucumber Sticks, Pudding of the Day or Fruit (v)	<b>Option B -</b> Ham Sandwich Carrot and Cucumber Sticks, Pudding of the day or Fruit	<b>Option B -</b> Meat Free Sausage Roll Carrot and Cucumber Sticks, Pudding of the day or Fruit (v/vgn)
<b>Pudding</b>	Fruit Yogurt (v) or Fruit (v/vgn)	Fresh Fruit (v/vgn)	Chocolate and Vanilla Mousse (v) or Fruit (v/vgn)	Guilsborough Biscuit (v/vgn) or Fruit (v/vgn)	Banana Cake (v) or Fruit (v/vgn)

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# EXAMPLE

2024 - 3 Hot	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Hunters Chicken with Rice and Broccoli	Pork Sausages with Mashed Potato and Baked Beans	Creamy Tomato Quorn Pasta Bake with Mixed Vegetables (v)	Roast Chicken Fillet in Gravy with Yorkshire Pudding, Roast Potatoes and Diced Carrots	Fish Fingers with Chips and Garden Peas, Tomato Ketchup (optional)
<b>Vegetarian</b>	Hunters Quorn Fillet with Rice and Broccoli (v)	Quorn Sausage with Mashed Potato and Baked Beans (v/vgn)	Vegetable Lasagne with Mixed Vegetables (v)	Roast Quorn Fillet in Gravy with Roast Potatoes and Diced Carrots (v/vgn)	Macaroni Cheese with Garden Peas (v)
<b>Jacket Potato</b>	<b>Option A -</b> with Grated Cheese (v) Cucumber and Carrot Sticks	<b>Option A -</b> with Grated Cheese (v) Cucumber and Carrot Sticks	<b>Option A -</b> with Grated Cheese (v) Cucumber and Carrot Sticks	<b>Option A -</b> with Grated Cheese (v) Cucumber and Carrot Sticks	<b>Option A -</b> with Grated Cheese (v) Cucumber and Carrot Sticks
	<b>Option B -</b> with Baked Beans (vgn) Cucumber and Carrot Sticks	<b>Option B -</b> with Tuna Mayo Cucumber and Carrot Sticks	<b>Option B -</b> with Baked Beans (vgn) Cucumber and Carrot Sticks	<b>Option B -</b> with Tuna Mayo Cucumber and Carrot Sticks	<b>Option B -</b> with Baked Beans (vgn) Cucumber and Carrot Sticks
<b>*Free From</b>	Vegetable Paella with Broccoli (v/vgn)	Chicken Fillet with Mashed Potato and Baked Beans	Vegetable Coconut Curry with Rice and Mixed Vegetables (v/vgn)	Roast Chicken Fillet in Gravy with Roast Potatoes and Diced Carrots	Battered Chicken Bites with Chips and Garden Peas
<b>Packed Lunch</b>	<b>Option A -</b> Cheese Roll (v) Carrot and Cucumber Sticks, Pudding of the Day or Fruit	<b>Option A -</b> Cheese Sandwich (v) Carrot and Cucumber Sticks, Pudding of the Day or Fruit	<b>Option A -</b> Cheese Roll (v) Carrot and Cucumber Sticks, Pudding of the Day or Fruit	<b>Option A -</b> Cheese Sandwich (v) Carrot and Cucumber Sticks, Pudding of the Day or Fruit	<b>Option A -</b> Cheese Roll (v) Carrot and Cucumber Sticks, Pudding of the day or Fruit
	<b>Option B -</b> Tuna Mayo Roll Carrot and Cucumber Sticks, Pudding of the Day or Fruit	<b>Option B -</b> Ham Sandwich Carrot and Cucumber Sticks, Pudding of the Day or Fruit	<b>Option B -</b> Chilled Cheese and Tomato Pizza Slice Carrot and Cucumber Sticks, Pudding of the Day or Fruit (v)	<b>Option B -</b> Ham Sandwich Carrot and Cucumber Sticks, Pudding of the Day or Fruit	<b>Option B -</b> Meat Free Sausage Roll Carrot and Cucumber Sticks, Pudding of the day or Fruit (v/vgn)
<b>Pudding</b>	Belgian Waffle (v) or Fruit (v/vgn)	Fresh Fruit (v/vgn)	Apple Crumble and Evaporated Milk (v) or Fruit (v/vgn)	Oaty Biscuit (v/vgn) or Fruit (v/vgn)	Mini Chocolate Chip Muffin (v) or Fruit (v/vgn)

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