

MAKE GOOD CHOICES.

WEEK ONE King Harold Academy

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Italian Beef Meatballs in a Rich Tomato Sauce	Creamy Chicken & Sweetcorn Pie	Roast Honeyed Gammon with Traditional Accompaniments	Cottage Pie	Crispy Fried Fish Or Salmon Fishcake, Lemon & Tartar Sauce
Vegetarian	Roasted Pepper & Red Onion Pizza	Sweet Potato, Cauliflower & Chick Pea Tikka	Oven Baked Vegetable Wellington	Chinese Sweet & Sour Vegetable Chow Mein	Chick Pea & Vegetable Masala Burrito
	Jacket Potato Baked Beans Selection of Fillings	Jacket Potato Baked Beans Selection of Fillings	Jacket Potato Baked Beans Selection of Fillings	Jacket Potato Baked Beans Selection of Fillings	Jacket Potato Baked Beans Selection of Fillings
Vegetables	Penne Pasta Jacket Wedges Green Beans Carrots and Peas	Herby Diced Potatoes Steamed Rice Broccoli Carrots	Roast Potatoes Seasonal Greens Mixed Vegetables	Sweetcorn Peas	Chipped Potatoes Mushy Peas
Available Daily	Filled Baguettes, Assorted Snacks, Various Filled Sandwiches, Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, and Cold Drinks				

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WEEK TWO King Harold Academy

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Duo Of Sausages Served with Red Onion Gravy	Chicken Shawarma Flatbread	Roast with Traditional Accompaniments	Chicken & Vegetable Paella	Crispy Fried Fish Lemon and Tartar sauce
Vegetarian	Macaroni Cheese	Zingy Vegetable Chill Con Carne	Shepherdess Pie	Caramelised Red Onion & Cheddar Quiche	Vegetarian Hot Dog
	Jacket Potato Baked Beans Selection of Fillings	Jacket Potato Baked Beans Selection of Fillings	Jacket Potato Baked Beans Selection of Fillings	Jacket Potato Baked Beans Selection of Fillings	Jacket Potato Baked Beans Selection of Fillings
Vegetables	Mashed Potatoes Broccoli Carrots	Steamed Rice Sweetcorn Garden Peas	Roast Potatoes Mixed Vegetables Cauliflower	New Potatoes Carrots Green Beans	Chipped Potatoes Garden Peas
Available Daily	Filled Baguettes, Assorted Snacks, Various Filled Sandwiches, Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, and Cold Drinks				

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WEEK THREE King Harold Academy

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal 1	Chicken Breast Fillet in a Tomato & Basil Sauce	Classic Lasagne Al Forno	Roast Chicken with Traditional Accompaniments	<u>Wrap Bar</u> Chicken & Vegetable	Crispy Fried Fish, Lemon & Tartar Sauce
Vegetarian	Mediterranean Vegetable Lasagne	Quorn Sausage & Vegetable Cassoulet	Leek & Potato Layer	<u>Wrap Bar</u> Roasted Spiced Vegetables	Chick Pea & Aubergine Dhansak with Rice
	Jacket Potato Baked Beans Selection of Fillings	Jacket Potato Baked Beans Selection of Fillings	Jacket Potato Baked Beans Selection of Fillings	Jacket Potato Baked Beans Selection of Fillings	Jacket Potato Baked Beans Selection of Fillings
Vegetables	Jacket Wedges Garden Peas Sweetcorn	New Potatoes Roasted Vegetables Green Beans	Roast Potatoes Seasonal Greens Carrots and Peas	Spicy Diced Potatoes Broccoli Fresh Carrots	Chipped Potatoes Mushy Peas
Available Daily	Filled Baguettes, Assorted Snacks, Various Filled Sandwiches, Wraps, Fresh Salads. Hot Sweet of the Day or Fresh Fruit Salad, and Cold Drinks				