

Kents Hill

Week 1

Main Meal

Vegetarian

Alternative

Pudding



Monday



Tuesday



Wednesday



Thursday



Friday



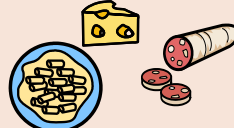
Mangalore malabar chicken
curry with steamed rice and
mini naan bread



English breakfast



roast chicken, roast
potatoes, carrots and
gravy



pepperoni and macaroni cheese
with mediterranean vegetables



battered fish, chips and
green beans



Quorn tikka masala with
steamed rice and mini naan
bread



vegetarian English
breakfast



roast Quorn fillet, roast
potatoes, carrots and
gravy



macaroni cheese with roasted
mediterranean vegetables



Mozzarella cheese sticks,
chips and sweetcorn



jacket potato



jacket potato



jacket potato



jacket potato



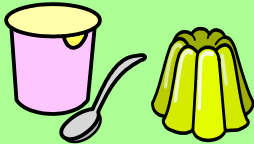
jacket potato



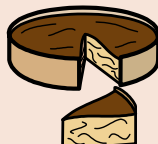
white chocolate
milkshake



American pancakes with
whipped cream and
blueberry sauce



yoghurt or jelly



Tiramisu



selection of homemade
ice cream






 Jacket potato = tuna and mayo or cheese and beans

Kents Hill

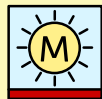
Week 2

Main Meal

Vegetarian

Alternative

Pudding



Monday



Tuesday



Wednesday



Thursday



Friday



beef bolognese with spaghetti
pasta and cheesy garlic bread



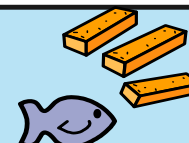
Thai honey sticky chicken
with rice, pickled cucumber
and sesame salad



roast gammon roast potatoes,
Savoy cabbage and gravy



chicken, sweet potato
and five bean stew
with sour dough bread



fish fingers, chips and
baked beans



veggie bolognese with spaghetti
pasta and cheesy garlic bread



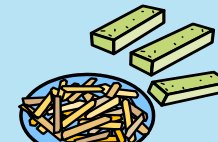
Thai honey sticky Quorn with
rice, pickled cucumber and
sesame salad



stuffed pepper, roast potatoes,
Savoy cabbage and gravy



Quorn, sweet potato
and five bean stew
with sourdough bread



breaded vegetable fingers,
chips and baked beans



jacket potato



jacket potato



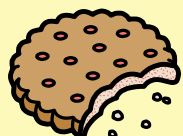
jacket potato



jacket potato



jacket potato



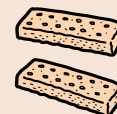
raspberry and white
chocolate cookie



lemon drizzle cake



yoghurt or jelly



apple shortcake
slice



selection of homemade
ice cream



Jacket potato = tuna and mayo or cheese and beans

Kents Hill

Week 3

Main Meal

	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
	 chicken tikka masala with steamed rice and poppods	 Italian beef burger with roasted potato wedges	 roast chicken, roast potatoes, broccoli and gravy	 pork and vegetable meatloaf with mashed potatoes and beetroot salad	 breaded fish, chips and sweetcorn

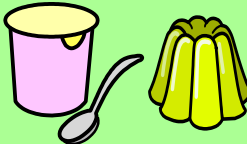
Vegetarian

	 vegetable tikka masala with steamed rice and poppods	 Italian Quorn, burger with roasted potato wedges	 roast Quorn fillet, roast potatoes, broccoli and gravy	 vegetable meatloaf with mashed potatoes and beetroot salad	 Halloumi cheese sticks, chips and sweetcorn
--	---	---	---	---	---

Alternative

	 jacket potato	 jacket potato	 jacket potato	 jacket potato	 jacket potato
--	--	--	--	--	--

Pudding

 chocolate flapjack	 butterscotch Angel Delight	 yoghurt or jelly	 blackcurrant sponge with custard	 selection of homemade ice cream
---	--	---	--	---

 =  tuna and  mayo or  cheese and  beans

Kents Hill

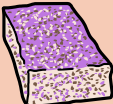
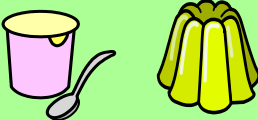
Week 4

Main Meal

Vegetarian

Alternative

Pudding

	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Main Meal	 honey and chilli glazed bacon steak with spiced rice and avocado salad	 beef and root vegetable stew with dumplings	 roast pork, roast potatoes, Savoy cabbage and gravy	 chicken schnitzel with mashed potatoes and leek slaw	 battered fish, chips and baked beans
Vegetarian	 honey and chilli glazed Quorn fillet with spiced rice and avocado salad	 Quorn and root vegetable stew with dumplings	 vegetable stuffed Yorkshire pudding, , roast potatoes, Savoy cabbage and gravy	 Aubergine schnitzel with mashed potatoes and leek slaw	 vegetarian nuggets, chips and baked beans
Alternative	 jacket potato	 jacket potato	 jacket potato	 jacket potato	 jacket potato
Pudding	 triple chocolate cookie	 blueberry blondie	 yoghurt or jelly	 doughnuts	 selection of homemade ice cream

 =  tuna and  mayo or  cheese and  beans