

BRENT KNOLL SCHOOL

Autumn - Winter 2018



WEEK 1

3/9, 24/9, 15/10,
12/11, 3/12

Option 1

Monday.

Chicken Pie with a Puff Pastry Top served with New Potatoes

Tuesday.

Turkey Burger served in a Bun with Homemade Tomato Sauce

Wednesday.

Roast Chicken Thigh served with Stuffing, Roast Potatoes and Gravy

Thursday.

Organic Beef Bolognese Pasta Bake

Friday.

Salmon or Cod Fish Fingers served with Chips

Option 2 v Vegetarian

Macaroni Cheese v

Vegetable Burger served in a Bun with Homemade Tomato Sauce v

Roast Quorn served with Stuffing, Roast Potatoes and Gravy v

Sweet Potato and Chick Pea Curry served with Rice v

Cheese and Tomato Quiche served with Chips v

Option 3

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw

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Vegetables

Cauliflower Roasted Root Vegetables

Carrots Garden Peas

Sweetcorn Steamed Cabbage

Green Beans Carrots

Garden Peas Baked Beans

Dessert

Flapjack

Fruit Crumble served with Custard

Orange Jelly with Mandarins

Fruity Cookie

Chocolate Sponge with Chocolate Custard

WEEK 2

10/9, 1/10, 29/10,
19/11, 10/12

Option 1

Monday.

BBQ Chicken Pizza served with Potato Wedges

Tuesday.

Tandoori Chicken Thigh served with Rice

Wednesday.

Roast Turkey served with Stuffing, Roast Potatoes and Gravy

Thursday.

Organic Beef, Tomato and Basil Meatballs in Tomato Sauce served with Spaghetti

Friday.

Battered Fish served with Chips

Option 2 v Vegetarian

Cheese and Tomato Pizza served with Potato Wedges v

Pesto and Cherry Tomato Pasta Twists v

Sweet Potato and Lentil Wellington served with Roast Potatoes and Gravy v

Mexican Rice Wrap v

Quorn Sausage served with Chips v

Option 3

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw

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Vegetables

Broccoli Sweetcorn

Carrots Garden Peas

Sweetcorn Carrots

Roast Parsnips Green Beans

Garden Peas Baked Beans

Dessert

Winter Berry Sponge with Custard

Wholemeal Shortbread with Apple Slices

Carrot Cake

Gingerbread with Custard

Vanilla Ice Cream

WEEK 3

17/9, 8/10, 5/11,
26/11, 17/12

Option 1

Monday.

Mild Turkey Curry served with Rice

Tuesday.

Chicken Sausage served with Mashed Potato and Gravy

Wednesday.

Roast Turkey served with Stuffing, Roast Potatoes and Gravy

Thursday.

Organic Beef Lasagne served with Garlic Bread

Friday.

Golden Fish Fingers served with Chips

Option 2 v Vegetarian

Cheese and Potato Bake v

Vegetarian Sausage served with Mashed Potato and Gravy v

Roast Quorn served with Stuffing, Roast Potatoes and Gravy v

Vegetable Lasagne served with Garlic Bread v

Spanish Omelette served with Chips v

Option 3

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw

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Vegetables

Garden Peas Carrots

Sweetcorn Cauliflower

Butternut Squash Green Beans

Carrots Sweetcorn

Garden Peas Baked Beans

Dessert

Apple and Cinnamon Whirl

Sticky Toffee Pudding with Toffee Sauce

Jam and Coconut Sponge with Custard

Apple and Cherry Pie with Custard

Gluten Free Chocolate Brownie



Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily

THIS MENU SUPPORTS:



radish
IT'S ALL GOOD

We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.