

KINGS HALL SCHOOL - WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Choice of Cereals Toast with Preserves Fresh Fruit or Fruit Juice Boiled Eggs Baked Beans	A Choice of Cereals Toast with Preserves Fresh Fruit or Fruit Juice English Muffins topped with Ham & Eggs	A Choice of Cereals Toast with Preserves Fresh Fruit or Fruit Juice Continental Breakfast	A Choice of Cereals Toast with Preserves Fresh Fruit or Fruit Juice Grilled Bacon Plum Tomatoes	A Choice of Cereals Toast with Preserves Fresh Fruit or Fruit Juice Poached Eggs Sausages	A Choice of Cereals Toast with Preserves Fresh Fruit or Fruit Juice Scrambled Eggs Hash Browns	A Choice of Cereals Toast with Preserves Fresh Fruit or Fruit Juice Full English Breakfast
LUNCH	Turkey Puff Pastry Pie Melty Mushroom Wellingtons Sweetcorn Sautéed Courgettes Crushed Potatoes Chocolate Crunch & Peppermint Sauce	BBQ Chicken Vegetable Tagine Peas & Cabbage Cauliflower Sautéed Mini Potatoes Steamed Lemon Sponge & Custard	Lasagne with Spinach Butternut Squash Lasagne Roasted Vegetables Broccoli Garlic Bread Homemade Soup of The Day	Oven Baked Fish Chickpea & Coriander Burgers Chipped Potatoes Baked Beans Mushrooms Bakewell Tart	Honey Roast Ham Goats Cheese, Red Onion & Cherry Tomato Tart Roast Potatoes Seasonal Vegetables Apple Flapjack Crumble & Custard	Mutton Curry served with Turmeric Rice Sweet Potato Curry Mixed Vegetables Sweet of the Day	Packed Lunches
TEA	A Selection of Sandwiches Fat Free Sandwiches Available	A Selection of Sandwiches Fat Free Sandwiches Available	A Selection of Sandwiches Fat Free Sandwiches Available	A Selection of Sandwiches Fat Free Sandwiches Available	A Selection of Sandwiches Fat Free Sandwiches Available	A Selection of Sandwiches Fat Free Sandwiches Available	A Selection of Sandwiches Fat Free Sandwiches Available
SUPPER	Mac 'n' Cheese with Bacon Garlic Bread Broccoli	Lamb & Vegetable Casserole Mashed Potatoes Glazed Carrots	Sweet & Sour Pork Noodles Peas	Crispy Chicken Fajitas Spicy Rice Mixed Leaves	Herbed Turkey Meatballs Spaghetti Cut Green Beans	Homemade Pizza Selection of Salads	Roast of the Evening Roast Potatoes Selection of Vegetables Sweet of the Evening

A HEALTHY VARIETY OF SALADS ARE FRESHLY PREPARED DAILY. A SELECTION OF FRESH FRUIT IS ALWAYS AVAILABLE AS AN OPTIONAL DESSERT