

Kensington Primary School - Week One

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage & Mash Choose from a traditional pork sausage or a Quorn sausage served with mashed potatoes, peas and gravy 	 Cream Chicken Curry & Rice Choose from diced chicken or Quorn pieces cooked with onions, garlic, mild spices and coconut milk, served on a bed of rice with naan bread and broccoli	Roast Dinner Choose from roast turkey breast or Quorn roast, served with Yorkshire pudding, roast potatoes, carrots, cabbage and gravy 	 Mediterranean Chicken Wrap Marinated chicken served in a tortilla wrap with lettuce, tomato, cucumber and creamy yoghurt dressing, and a savoury rice	Fish & Chips Choose from either cod fillet fish fingers or Quorn nuggets baked in the oven and served with chips and mushy peas or baked beans Curry Sauce also Available 
Jacket Potatoes are also available daily as a hot alternative				
Or				
Deli Bar - Available Everyday Design your own sandwich, first choose your bread - wraps, assorted batch, or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, turkey egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.				
Dessert Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day				
Ice Cream	Fruit Sponge Cake	Iced Sponge	Apple Crumble & Custard	Chocolate Sponge
Drink A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily				

Kensington Primary School - Week Two

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatballs and Pasta Choose from pork and leek or Vegan meatballs served in a homemade tomato sauce with spaghetti pasta and green beans 	 Chicken Katsu Choose from breaded chicken or Quorn nuggets served on a bed of rice with broccoli and a homemade Katsu curry sauce	Pizza A wholemeal pizza base topped with a homemade pizza sauce, cheese then a selection of toppings such as pepperoni or margarita, served with salad and sweetcorn 	 Chilli Nachos and Rice Choose from minced beef or Quorn mince cooked with onions, mild chilli powder, tomatoes and kidney beans, topped with crushed tortilla chips and a sprinkle of cheese, baked in the oven and served with rice and sweetcorn	Fish & Chips Choose from either cod fillet fish fingers or Quorn nuggets baked in the oven and served with chips and mushy peas or baked beans Curry Sauce also Available 
Jacket Potatoes are also available daily as a hot alternative				
Or				
Deli Bar - Available Everyday Design your own sandwich, first choose your bread - wraps, assorted batch, or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, turkey, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.				
Dessert Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day				
Ice Cream	Vanilla Cake	Jelly	Date Slice	Chocolate Brownie
Drink A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily				