



September / October Menu

w.c 01/09 22/09 13/10

2025 - 1 Pod	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Tikka Curry with Rice and Mixed Vegetables	Kingswood's All Day Breakfast (Sausages, Mini Omelette, Crispy Cube Potatoes and Baked Beans)	Plant Power Bolognaise with Wholemeal Pasta, Peas and Sweetcorn (vgn)	Roast Chicken Fillet in Gravy with Yorkshire Pudding, Roast Potatoes and Broccoli	Fish Star with Chips and Garden Peas, Tomato Ketchup (optional)
Vegetarian	Summer Vegetable Tikka Curry with Rice and Mixed Vegetables (v)	Kingswood's Vegetarian All Day Breakfast (Quorn Sausage, Mini Omelette, Crispy Cube Potatoes and Baked Beans) (v)	Classic Macaroni Cheese with Peas and Sweetcorn (v)	Golden Roast Quorn Fillet in Gravy with Roast Potatoes and Broccoli (vgn)	Crispy Vegetable Nuggets with Chips and Garden Peas, Tomato Ketchup (optional) (v)
Jacket Potato	Option A - with Grated Cheese (v) and Cucumber Sticks	Option A - with Grated Cheese (v) and Carrot Batons	Option A - with Grated Cheese (v) and Cucumber Sticks	Option A - with Grated Cheese (v) and Cherry Tomatoes	Option A - with Grated Cheese (v) and Mixed Salad
	Option B - with Tuna Mayo and Cucumber Sticks	Option B - with Baked Beans (vgn) and Carrot Batons	Option B - with Baked Beans (vgn) and Cucumber Sticks	Option B - with Tuna Mayo and Cherry Tomatoes	Option B - with Baked Beans (vgn) and Mixed Salad
*Free From	Moroccan Sweet Potato and Chickpea Tagine with Rice and Mixed Vegetables (vgn)	Spanish Chicken Traybake with Crispy Cube Potatoes	Rainbow Rice Salad with Peas and Sweetcorn (vgn)	Roast Chicken Fillet in Gravy with Roast Potatoes and Broccoli	Breaded Chicken Fillet with Chips and Garden Peas
Packed Lunch	Option A - Cheese Roll (v) Cucumber Sticks, Raisins and Pudding of the day or Fruit	Option A - Cheese Sandwich (v) Carrot Batons, Raisins and Pudding of the day or Fruit	Option A - Cheese Roll (v) Cucumber Sticks, Raisins and Pudding of the day or Fruit	Option A - Cheese Wrap (v) Cherry Tomatoes, Raisins and Pudding of the day or Fruit	Option A - Cheese Roll (v) Mixed Salad, Raisins and Pudding of the day or Fruit
	Option B - Ham Roll Cucumber Sticks, Raisins and Pudding of the day or Fruit	Option B - Tuna Mayo Sandwich Carrot Batons, Raisins and Pudding of the day or Fruit	Option B - Chilled Cheese and Tomato Pizza Slice Cucumber Sticks, Raisins and Pudding of the day or Fruit (v)	Option B - Chicken Mayo Wrap Cherry Tomatoes, Raisins and Pudding of the day or Fruit	Option B - Plant Power Sausage Roll, Mixed Salad, Raisins and Pudding of the day or Fruit (vgn)
Pudding	Mini Blueberry Muffin (v) or Fruit (vgn)	Fresh Fruit (vgn)	American Pancake with Salted Caramel Drizzle (v) or Fruit (vgn)	Raspberry Ripple Ice Cream Roll (v) or Fruit (vgn)	Mini Jam Doughnut (v) or Fruit (vgn)

(v) Vegetarian suitable

(vgn) Vegan suitable

*All **Free From** Meals are free from top 14 Allergens

Please see online for full information of ingredients/allergens contained in the meals and puddings



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September / October Menu

w.c 08/09 29/09 20/10

Thursday 2nd October is Census Day help your school by ordering a meal

2025 - 2 Pod	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Kingswood's Pork Meatballs in Homemade Tomato Sauce with Wholemeal Pasta and Mixed Vegetables	Crispy Chicken Goujons with Rice, Sweetcorn and BBQ Dip (optional)	Cheese and Tomato Pizza Slice with Baked Beans (v)	Roast Pork in Gravy with Yorkshire Pudding, Roast Potatoes and Diced Carrots	Fish Fingers with Chips and Garden Peas, Tomato Ketchup (optional)
Vegetarian	Plant Power Meatballs in Homemade Tomato Sauce with Wholemeal Pasta and Mixed Vegetables (vgn)	Crispy Vegetable Nuggets with Rice, Sweetcorn (v) and BBQ Dip (optional)	Spanish Frittata with Baked Beans (v)	Golden Roast Quorn Fillet in Gravy with Roast Potatoes and Diced Carrots (vgn)	Classic Macaroni Cheese with Garden Peas (v)
Jacket Potato	Option A - with Grated Cheese (v) and Cucumber Sticks	Option A - with Grated Cheese (v) and Carrot Batons	Option A - with Grated Cheese (v) and Cucumber Sticks	Option A - with Grated Cheese (v) and Cherry Tomatoes	Option A - with Grated Cheese (v) and Mixed Salad
	Option B - with Baked Beans (vgn) and Cucumber Sticks	Option B - with Tuna Mayo and Carrot Batons	Option B - with Baked Beans (vgn) and Cucumber Sticks	Option B - with Tuna Mayo and Cherry Tomatoes	Option B - with Baked Beans (vgn) and Mixed Salad
*Free From	Italian Ratatouille in Homemade Tomato Sauce with Rice and Mixed Vegetables (vgn)	Summer Potato Salad with Sweetcorn (vgn)	Nut-Free Pesto Pasta (vgn)	Roast Pork in Gravy, Roast Potatoes and Diced Carrots	Breaded Chicken Fillet with Chips and Garden Peas
Packed Lunch	Option A - Cheese Roll (v) Cucumber Sticks, Raisins and Pudding of the day or Fruit	Option A - Cheese Sandwich (v) Carrot Batons, Raisins and Pudding of the day or Fruit	Option A - Cheese Roll (v) Cucumber Sticks, Raisins and Pudding of the day or Fruit	Option A - Cheese Wrap (v) Cherry Tomatoes, Raisins and Pudding of the day or Fruit	Option A - Cheese Roll (v) Mixed Salad, Raisins and Pudding of the day or Fruit
	Option B - Ham Roll Cucumber Sticks, Raisins and Pudding of the day or Fruit	Option B - Tuna Mayo Sandwich Carrot Batons, Raisins and Pudding of the day or Fruit	Option B - Egg Mayo Roll Cucumber Sticks, Raisins and Pudding of the day or Fruit	Option B - Chicken Mayo Wrap Cherry Tomatoes, Raisins and Pudding of the day or Fruit	Option B - Plant Power Sausage Roll, Mixed Salad, Raisins and Pudding of the day or Fruit (vgn)
Pudding	Belgian Waffle (v) or Fruit (vgn)	Fresh Fruit (vgn)	Frozen Fruit Smoothie (vgn) or Fruit (vgn)	Mini Ring Doughnuts (v) or Fruit (vgn)	Strawberry Jelly (v) or Fruit (vgn)

(v) Vegetarian suitable

(vgn) Vegan suitable

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September

/ October

Menu

w.c 15/09 06/10

2025 - 3 Pod	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pork Sausages with Creamy Mashed Potato and Baked Beans	Breaded Chicken Fillet with Crispy Cube Potatoes and Sweetcorn	Vegetable Chilli with Rice and Mixed Vegetables (vgn)	Roast Chicken Fillet in Gravy with Yorkshire Pudding, Roast Potatoes and Green Beans	Salmon and Sweet Potato Fish Cake with Chips and Garden Peas, Tomato Ketchup (optional)
Vegetarian	Tasty Quorn Sausage with Creamy Mashed Potato and Baked Beans (vgn)	Homemade Vegetable Lasagne with Sweetcorn (v)	Classic Macaroni Cheese with Mixed Vegetables (v)	Golden Roast Quorn Fillet in Gravy with Roast Potatoes and Green Beans (vgn)	Cheese and Tomato Panini with Chips and Garden Peas, Tomato Ketchup (optional) (v)
Jacket Potato	Option A - with Grated Cheese (v) and Cucumber Sticks	Option A - with Grated Cheese (v) and Carrot Batons	Option A - with Grated Cheese (v) and Cucumber Sticks	Option A - with Grated Cheese (v) and Cherry Tomatoes	Option A - with Grated Cheese (v) and Mixed Salad
	Option B - with Baked Beans (vgn) and Cucumber Sticks	Option B - with Tuna Mayo and Carrot Batons	Option B - with Baked Beans (vgn) and Cucumber Sticks	Option B - with Tuna Mayo and Cherry Tomatoes	Option B - with Baked Beans (vgn) and Mixed Salad
*Free From	Chicken Fillet with Creamy Mashed Potato and Baked Beans	Sri Lankan Curry with Rice and Sweetcorn (vgn)	Tomato Pasta and Mixed Vegetables (vgn)	Roast Chicken Fillet in Gravy with Roast Potatoes and Green Beans	Breaded Chicken Fillet with Chips and Garden Peas
Packed Lunch	Option A - Cheese Roll (v) Cucumber Sticks, Raisins and Pudding of the day or Fruit	Option A - Cheese Sandwich (v) Carrot Batons, Raisins and Pudding of the day or Fruit	Option A - Cheese Roll (v) Cucumber Sticks, Raisins and Pudding of the day or Fruit	Option A - Cheese Wrap (v) Cherry Tomatoes, Raisins and Pudding of the day or Fruit	Option A - Cheese Roll (v) Mixed Salad, Raisins and Pudding of the day or Fruit
	Option B - Ham Roll Cucumber Sticks, Raisins and Pudding of the day or Fruit	Option B - Tuna Mayo Sandwich Carrot Batons, Raisins and Pudding of the day or Fruit	Option B - Egg Mayo Roll Cucumber Sticks, Raisins and Pudding of the day or Fruit	Option B - Chicken Mayo Wrap Cherry Tomatoes, Raisins and Pudding of the day or Fruit	Option B - Plant Power Sausage Roll, Mixed Salad, Raisins and Pudding of the day or Fruit (vgn)
Pudding	Fruit Yogurt (v) or Fruit (vgn)	Fresh Fruit (vgn)	Mini Chocolate Chip Muffin (v) or Fruit (vgn)	Butterscotch Whip (v) or Fruit (vgn)	Belgian Waffle (v) or Fruit (vgn)

(v) Vegetarian suitable

(vgn) Vegan suitable

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