

# Kings' Catering - Autumn Term 2022

	<i>Week One</i>		<i>Week Two</i>	
	<i>Option 1</i>	<i>Option 2</i>	<i>Option 1</i>	<i>Option 2</i>
<b><i>Monday</i></b>	Cottage Pie with New Potatoes & Vegetables	▼ American-style Mac 'n' Cheese	Pork Sausages with Mashed Potatoes & Veg	✔ Veggie Spaghetti Bolognese
<b><i>Tuesday</i></b>	Chicken & Ham Pasta Bake with Garlic Bread	✔ Jackfruit and Sweet Potato Curry with Wholegrain Rice	Beef Lasagne with Garlic Bread	✔ Singapore-style Vegetable Stir-fry with Rice Noodles
<b><i>Wednesday</i></b>	Breaded Cod & Chips with Peas/Beans	✔ Vegetarian (Vegan) Sausages	Breaded Cod & Chips with Peas/Beans	✔ Vegetarian (Vegan) Sausages
<b><i>Thursday</i></b>	<i>Kings' Carvery</i> Roast Potatoes, Yorkshire & Veg	▼ Triple Cheese Quiche	<i>Kings' Carvery</i> Roast Potatoes, Yorkshire & Veg	▼ Frittata with Mixed Peppers (Italian-style Omelette)
<b><i>Friday</i></b>	Chicken Korma Curry Rice & Naan	✔ Chickpea & Vegetable Curry Rice & ▼ Naan	Chicken Tikka Masala Curry Rice & Naan	✔ Lentil & Spinach Dahl Rice & ▼ Naan

- Salad and Vegetables available every day
- Additional Omega-3 Fish Dish Every Week
- Sandwiches, Hot & Cold Wraps, Noodle/Pasta Pots, Paninis, Pizza, Jacket Potatoes
- A selection of Cakes, Desserts, Fresh Fruit, Yoghurt
  - A variety of School-compliant Drinks
- Theme Day Specials throughout the Term