



Kingsholm C of E Primary and Nursery School Winter Dinner Menu 2023

Week 1

6 Nov, 27 Nov, 18 Dec, 22 Jan

Monday

Savory Beef Mince
Or
Vegan Quorn Nuggets (V)
With Baked Potatoes, Green Beans &
Sweetcorn
Blueberry Muffin G

Tuesday

Chicken with Curry Sauce G
Or
Vegetable Stir fry (V)
With Rice, Oriental Vegetables and Peas
Cherry Shortcake G D

Wednesday

Roast Gammon
Or
Cheese and Onion Omelette (V) D
with Mashed Potatoes, Mixed Vegetables
and Gravy
Chocolate Mousse and Mandarins D

Thursday

Pesto Pasta topped with cheese G D
Or
Lentil Cottage Pie (V) D
With Broccoli and Sweetcorn
Apple Cake and Custard G D

Friday

Breaded Fish G
Or
Vegetable Puff Pastry Turnover (V) G
With Chips, Baked Beans and Peas
Fruit Jelly (V) with Cream D

Week 2

13 Nov, 4 Dec, 8 Jan, 29 Jan

Jacket Potato served with either
Tuna Mayonnaise or Grated Cheddar Cheese D
and Baked Beans (V) G
With Sweetcorn and Coleslaw
Homemade Biscuit G

Beef with Curry Sauce
Or
Sweet Potato Falafel (V)
With Rice, Broccoli and Green Beans
Fruit Flapjack D

Roast Chicken
Or
Quorn Roast (V) D
With Roast Potatoes, Carrots, Peas and
Gravy
Lemon Drizzle Cake G

Pork Casserole
Or
Quiche (V)
With New Potatoes, Cauliflower
and Mixed Vegetables
Butterscotch Mousse D and Peaches

Cheese and Tomato Pizza (V) G D
Or
Salmon Fish Fingers G
With Potato Wedges, Cucumber and Peas
Chocolate Rice Crispy Cake G D

Week 3

20 Nov, 11 Dec, 15 Jan, 5 Feb

Tomato Pasta topped with Cheese (V) G D
Or
Vegetable Nuggets (V)
With Sweetcorn, Peppers, Courgettes
and Garlic Bread G D
Banana Cake G

Chicken with Sweet Chilli Sauce
Or
Quorn Fillet (V)
With Rice, Broccoli and Peas
Shortbread G D

Roast Beef and Yorkshire Pudding
Or
Vegetable Pasty (V) G
With Roasted New Potatoes
and Mixed Vegetables
Fruit Jelly with Cream D

Lamb Shepherds Pie D
Or
Quorn Sausage and Mash (V) D
With Gravy, Cauliflower and Green Beans
Apple Crumble G with Custard D

Pork Sausages G
Or
Southern Fried Quorn Burger (V) G D
With Chips, Baked Beans & Peas
Cookie of the day G D

Bread, Fresh Fruit, yoghurts and salad bar available every day. Jugs of water served daily. Gluten and dairy free cake available.

(V) - Suitable for vegetarians G - contains gluten D - contain dairy All flour/pasta contains 50/50 Wheat and White