



Kings' Forest
Primary School

**FRESH FRUIT
& YOGHURT
SERVED DAILY**

**FRESH WATER,
DAIRY FREE, LOWER FAT
& LACTOSE MILK
AVAILABLE DAILY**

AUTUMN MENU

Week one

WEEKS COMMENCING: 30/10/23, 13/11/23, 27/11/23, 11/12/23



Educatering
The School Food Revolution



Scan the QR code to view the allergens. Please be aware that allergens are updated regularly, therefore please check allergens before consumption of meals.

Pick a
MAIN

Butchers Sausages
with Mash Potato,
Gravy & Carrots

Beef Meatballs in
Tomato Sauce with
Penne Pasta,
Homemade Bread &
Seasonal Veg

Roast Chicken with
Roasted Potatoes,
Seasonal Veg &
Gravy

Chicken & Vegetable
Korma with Rice

Fish Fingers &
Chips with Baked
Beans or Peas

Pick a
**MEAT-FREE
MAIN**

Roasted Vegetable
Ratatouille with
Penne Pasta &
Homemade Bread

Mixed Vegetable
Enchilada with Rice &
Seasonal Veg

Leek, Potato &
Cheese Bake with
Roasted Potatoes,
Seasonal Veg &
Gravy

Sweet Potato,
Cauliflower &
Chick Pea Curry
with Rice

Vegetable Nuggets
& Chips with Baked
Beans or Peas

Pick a
**HALAL
OPTION**

Halal Sausages with
Mash Potato, Gravy
& Carrots

Halal Beef Meatballs
in Tomato Sauce
with Penne Pasta,
Homemade Bread &
Seasonal Veg

Halal Roast Chicken
with Roasted
Potatoes, Seasonal
Veg & Gravy

Halal Chicken &
Vegetable
Korma with Rice

Fish Fingers &
Chips with Baked
Beans or Peas

Pick a
**JACKET
POTATO**

Cheese / Beans /
Tuna Mayo

Cheese / Beans /
Tuna Mayo

Cheese / Beans /
Tuna Mayo

Cheese / Beans /
Tuna Mayo

Cheese / Beans /
Tuna Mayo

Pick a
**PACKED
LUNCH**

Ham / Cheese /
Tuna Mayo Roll with
Salad Sticks

Ham / Cheese /
Tuna Mayo Roll with
Salad Sticks

Ham / Cheese /
Tuna Mayo Roll with
Salad Sticks

Ham / Cheese /
Tuna Mayo Roll with
Salad Sticks

Ham / Cheese /
Tuna Mayo Roll with
Salad Sticks

Pick a
DESSERT

OPTION ONE
Carrot Cake
OPTION TWO
Shortbread

OPTION ONE
Pink Raspberry
Flapjack
OPTION TWO
Shortbread

OPTION ONE
Chocolate Brownie
OPTION TWO
Shortbread

OPTION ONE
Jelly with Fruit
OPTION TWO
Shortbread

OPTION ONE
Oaty & Coconut
Cookie
OPTION TWO
Shortbread



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& YOGHURT
SERVED DAILY**

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DAIRY FREE, LOWER FAT
& LACTOSE MILK
AVAILABLE DAILY**

AUTUMN MENU

Week two

WEEKS COMMENCING: 6/11/23, 20/11/23, 4/12/23



Educatering
The School Food Revolution



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Pick a
MAIN

**Beef Bolognaise with
Penne Pasta, Garlic
Bread & Peas**

Pick a
**MEAT-FREE
MAIN**

**Quorn Sausage
Cassoulet with Garlic
Bread & Peas**

Pick a
**HALAL
OPTION**

**Halal Beef
Bolognaise with
Penne Pasta, Garlic
Bread & Peas**

Pick a
**JACKET
POTATO**

**Cheese / Beans /
Tuna Mayo**

Pick a
**PACKED
LUNCH**

**Ham / Cheese /
Tuna Mayo Roll with
Salad Sticks**

Pick a
DESSERT

**OPTION ONE
Raspberry Muffin**
**OPTION TWO
Shortbread**

TUESDAY

BRUNCH BAR

**Sausage & Bacon
or
Quorn Sausage &
Grilled Tomato
with
Hash Brown &
Baked Beans**

**Halal Sausages with
Hash Brown &
Baked Beans**

**Cheese / Beans /
Tuna Mayo**

**Ham / Cheese /
Tuna Mayo Roll with
Salad Sticks**

**OPTION ONE
Chocolate Crunch**
**OPTION TWO
Shortbread**

WEDNESDAY

**Roast Turkey with
Roasted Potatoes,
Seasonal Veg &
Gravy**

**Cauliflower Cheese
with Roasted
Potatoes, Seasonal
Veg & Gravy**

**Halal Roast Chicken
with Roasted
Potatoes, Seasonal
Veg & Gravy**

**Cheese / Beans /
Tuna Mayo**

**Ham / Cheese /
Tuna Mayo Roll with
Salad Sticks**

**OPTION ONE
Banana Cake**
**OPTION TWO
Shortbread**

THURSDAY

PIZZA BAR

**Cheese Pizza with
Herby Diced
Potatoes &
Vegetable Crudites**

**Cheese / Beans /
Tuna Mayo**

**Ham / Cheese /
Tuna Mayo Roll with
Salad Sticks**

**OPTION ONE
Ice Cream**
**OPTION TWO
Shortbread**

FRIDAY

**Fish Fingers & Chips
or Salmon Goujons &
Chips with Baked
Beans or Sweetcorn**

**Tomato & Vegetable
Pasta Bake with
Baked Beans or Peas**

**Fish Fingers &
Chips with Baked
Beans or Sweetcorn**

**Cheese / Beans /
Tuna Mayo**

**Ham / Cheese /
Tuna Mayo Roll with
Salad Sticks**

**OPTION ONE
Chocolate Krispie
Cake**
**OPTION TWO
Shortbread**