

# Kenningtons Primary Academy Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Wholemeal Pasta Bake served with Garlic Bread & Peas	Ashlyns Pork Sausage served with Herby Diced Potatoes and Baked Beans	Jerk Chicken Thigh served with Vegetable Jollof Rice	Savoury Minced Beef Pie served with Crushed New Potatoes & Fresh Medley of Vegetables	MSC Fish Fingers served with Chips & Peas or Baked Beans
Option 2	Vegetable & Lentil Wholemeal Pasta Bake served with Garlic Bread & Peas	Quorn Vegan Sausage served with Herby Diced Potatoes and Baked Beans	BBQ Quorn & Vegetable Casserole served with Vegetable Jollof Rice	Covent Garden Pie served with Crushed New Potatoes & Fresh Medley of Vegetables	Cheese & Onion Puff served with Chips and Peas or Baked Beans
Option 3	Cheese, Ham or Egg Mayonnaise Wrap served with Mixed Salad	Jacket Potato served with a Selection of Fillings	Cheese, Ham or Tuna Mayonnaise Baguette served with Mixed Salad	Jacket Potato served with a Selection of Fillings	Cheese, Ham or Tuna Mayonnaise Wrap served with Mixed Salad
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Homemade Chocolate Chip Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly	Freshly Cut Fruit or Ice Cream

W/C - 4th November, 25th November, 16th December, 20th January, 10th February, 10th March, 31st March

*Our fish is Marine Stewardship Council approved. All Desserts are Reduced Sugar where possible*

Available Daily...  
Wholemeal Bread  
Choice of Salads  
Water



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.

**ASHLYNS**  
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# Kenningtons Primary Academy Menu - Week 2

**Option 1**

**Option 2**

**Option 3**

**Dessert**

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Italian Style Wholemeal Pasta Bolognese served with Sweetcorn	Mild Chicken Curry served with Basmati Rice, Naan Bread & Peas	Roast Turkey with Sage & Onion Stuffing served with Roast Potatoes, Seasonal Vegetables & Gravy	Pepperoni Pizza served with Wholemeal Pasta salad	Battered Cod served with Chips & Peas or Baked Beans
Option 2	Italian Style Vegetable & Lentil Wholemeal Pasta Bolognese served with Sweetcorn	Martinique Vegetable & Chickpea Curry served with Basmati Rice, Naan Bread & Peas	Vegetable & Lentil Roast served with Roast Potatoes, Seasonal Vegetables & Gravy	Cheese & Tomato Pizza served with Wholemeal Pasta salad	Cheddar Cheese & Pepper Stack Wrap served with Chips, Peas or Baked Beans
Option 3	Cheese, Ham or Tuna Mayonnaise Baguette served with Mixed Salad	Jacket Potato served with a Selection of Fillings	Cheese, Ham or Egg Mayonnaise Wrap served with Mixed Salad	Jacket Potato served with a Selection of Fillings	Cheese, Ham or Tuna Mayonnaise Baguette served with Mixed Salad
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Sponge served with Chocolate Sauce	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Oat Cookie	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yogurt

W/C - 11th November, 2nd December, 6th January, 27th January, 24th February, 17th March,

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Available Daily ...  
Wholemeal Bread  
Choice of Salads  
Water



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# Kenningtons Primary Academy Menu - Week 3

## Option 1

Creamy Garlic Chicken served with Wholemeal Rice, Broccoli & Cauliflower Florets

## Option 2

Creamy Vegetable & Chickpea Casserole served with Wholemeal Rice, Broccoli & Cauliflower Florets

## Option 3

Cheese, Ham or Egg Mayonnaise Wrap served with Mixed Salad

## Dessert

Freshly Cut Fruit or Organic Fruit Yoghurt

## Tuesday

Ashlyns Pork Sausage & Tomato Wholemeal Pasta served with Homemade Garlic Bread & Mixed Salad

Quorn Sausage & Tomato Wholemeal Pasta served with Homemade Garlic Bread & Mixed Salad

Jacket Potato served with a Selection of Fillings

Freshly Cut Fruit or Organic Fruit Yoghurt or Iced Lemon Sponge

## Wednesday

Roast Breast of Chicken with Sage & Onion Stuffing served with Roast Potatoes, Seasonal Vegetables & Gravy

Cheese & Potato Whirl served with Roast Potatoes, Seasonal Vegetables & Gravy

Cheese, Ham or Tuna Mayonnaise Baguette served with Mixed Salad

Freshly Cut Fruit or Organic Fruit Yoghurt

## Thursday

Ashlyns Beef Burger in a Bun served with Seasoned Potato Wedges & Sweetcorn

Breaded Vegetable Burger in a Bun served with Seasoned Potato Wedges & Sweetcorn

Jacket Potato served with a Selection of Fillings

Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread Biscuit

## Friday

BBQ Chicken Drumstick served with Chips, Peas or Baked Beans

Quorn Nuggets served with Chips, Peas or Baked Beans

Cheese, Ham or Tuna Mayonnaise Wrap served with Mixed Salad

Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

W/C - 18th November, 9th December, 13th January, 3rd February, 3rd March, 24th March

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Available Daily ...  
Wholemeal Bread  
Choice of Salads  
Water



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