

KD GRAMMAR SCHOOL FOR BOYS MENU 2019/20

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	GRAB & GO
WEEK 1	Hot Meals	Chicken Pasta Bake	Spicy Chicken Strips with Onions and Peppers	Shepherds Pie	Baked Pollock Fish in Parsley Sauce	Spicy Chicken Pieces	Cheese and Tomato Toasties Baked Potato with Assortment of Fillings Assortment of Sandwiches & Baguettes
		Soup of the Day	Spinach and Paneer Curry	Cheese and Tomato Pizza and Wedges	Vegetable Sausages with Onion Gravy	Cheese and Onion Quiche	
	Sides	Garlic Bread	Pitta Bread	Roasted Cauliflower Florets, Sweetcorn.	Mashed Potatoes	Thin Fries	
		Mixed Salad	Mixed Salad	Mixed Salad	Garden Peas and Buttered Carrots	Baked Beans	
	Desserts	Ice Cream	Chocolate Cake and Custard	Cookies	Apple Crumble and Custard	Chocolate Brownie	
		Jelly Pots	Yoghurt	Frozen Yoghurt	Fruity Pots	Shortbread	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit		
WEEK 2	Hot Meals	Spaghetti Bolognese	Chicken Pie	Beef Burgers	Chicken Curry	Jamaican Jerk Chicken	
		Pasta in Tomato Sauce	Toasted Cheese and Onion, Cheese and Tomato, Tuna and Sweetcorn Panini	Vegetable Burgers	Vegetable Curry	Vegetable Pizza	
	Sides	Garlic Bread	Roast Potatoes	Potato Wedges	Pilau Rice	Paprika Potato Wedges	
		Mixed Salad	Sweetcorn and Green Beans	Coleslaw	Mixed Salad, Cucumber Yoghurt	Coleslaw	
	Desserts	Flapjack	Pineapple Upside Down Sponge Cake and Custard	Jelly Pots	Jam Roly Poly and Custard	Rice Crispy Crunch	
		Fruity Pots	Frozen Yoghurt	Cookies	Shortbread	Frozen Yoghurt	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit		
WEEK 3	Hot Meals	Lamb Samosas and Chickpea Chaat	Lamb Lasagne	Prawns with Noodles	Chicken Lentil Curry	Chicken Pizza, Veg Pizza	
		Roasted Veg Pizza	Spinach and Ricotta Tortellini in Pasta Sauce	Soup of the Day	Spicy Chicken Wraps	Quiche	
	Sides	Wedges	Garlic Bread	Crusty Bread	Rice	Chips	
		Baked Beans	Mixed Salad	Mixed Salad	Mixed Salad	Baked Beans	
	Desserts	Chocolate Angel Delight	Cornflake Tart and Custard	Chocolate Mousse	Jam Coconut Cake and Custard	Chocolate Brownie	
		Cookies	Shortbread	Flapjack	Frozen Yoghurt	Jelly Pots	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit		
WEEK 4	Hot Meals	Cod Fish Cakes	Roast Tandoori Chicken with Gravy	Lamb Kebabs with Pitta Bread and Cucumber Yoghurt	Chicken Biryani	Chicken and Vegetable Stir Fry	
		Spanish Omelette	Cheese Pasties	Macaroni Cheese topped with Breadcrumbs	Spicy Chicken Wrap	Chinese Vegetable Spring Rolls	
	Sides	New Potatoes	Roast Potatoes	Garlic Bread	Raita	Hash Brown	
		Mixed Salad	Honey Roasted Carrots and Parsnips	Mixed Salad	Mixed Salad	Mixed Salad	
	Desserts	Chocolate Muffins	Sticky Syrup Sponge and Custard	Ice Cream	Manchester Tart	Strawberry Angel Delight	
		Fruity Pots	Yoghurt	Jelly Pots	Shortbread	Chocolate Crispy Crunch	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit		