

KING'S ACADEMY GOMER - WEEK ONE MENU

Week commencing – 2nd Sept, 23rd Sept, 14th Oct, 11th Nov, 2nd Dec 2024

Mindful meat free Monday

Red option

Vegetarian meatballs, served with creamy curry sauce with mixed brown and white rice

Green option

Cheese filled tortellini topped with an Italian herb tomato sauce

Thinking Tuesday

Red option

Chicken Chow Mein

Green option

Oriental vegetable & tempeh stir fry with noodles

Wonderful Wednesday

Red option

Oven roasted chicken breast served with ratatouille and falafels

Green option

Home made cheese & tomato pizza

Traditional Thursday

Red option

Beef mince Bolognese sauce served with pasta and salad

Green option

Quorn mince Bolognese sauce served with pasta and salad

Fun Friday

Red option

Fish fingers, served with green peas or baked beans and oven baked chips

Green option

Vegetarian burger served with oven baked chips

Jacket potatoes are served daily - cheese, baked beans or tuna mayonnaise