

# KING'S ACADEMY GOMER – WEEK THREE MENU

Week commencing -16<sup>th</sup> Sept, 7<sup>th</sup> Oct, 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec 2024

## Mindful meat free Monday

Red option

Glamorgan sausages served with mashed potatoes, vegetables and gravy

Green option

Bean & halloumi stew, served with bread

## Thinking Tuesday

Red option

Chicken tray bake with butterbeans & potato wedges

Green option

Pea & feta frittata, served with a tomato salad

## Wonderful Wednesday

Red option

Ham, cheese & broccoli pasta bake, served with salad

Green option

Home made cheese & tomato pizza

## Traditional Thursday

Red option

Sausage roll, served with vegetables or baked beans and a side of oven baked chips

Green option

Vegetarian sausage puff, served with vegetables or baked beans and a side of oven baked chips

## Fun Friday

Red option

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

Green option

Vegetarian fishfingers, served with green peas or baked beans and oven baked chips

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