

KING'S ACADEMY GOMER – WEEK TWO MENU

Week commencing – 9th Sept, 30th Sept, 21st Oct, 18th Nov, 9th Dec 2024

Mindful meat free Monday

Red option

Vegetarian Chilli nachos served with sour cream

Green option

Roasted vegetable & cheese puff pastry parcel, served with salad & potato wedges

Thinking Tuesday

Red option

Roast chicken served with vegetables, roast potatoes and gravy

Green option

Greek spinach and feta filo parcel, served with roast potatoes and a herb tomato sauce

Wonderful Wednesday

Red option

Fish burger with tartar sauce, lettuce and tomato, served with oven baked chips

Green option

Home made cheese & tomato pizza

Traditional Thursday

Red option

Home made sausage roll, served with vegetables or baked beans and oven baked chips

Green option

Mac & cheese, the classic favourite

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