

# WEEK ONE MENU



King's Academy  
Gomer



Week commencing - 4th Nov, 25th Nov,  
16th Dec, 20th Jan, 10th Feb, 10th Mar,  
31st Mar 2025

## MONDAY

**Red** - Vegetable stir-fry noodles

**Green** - Vegetable pasta

## TUESDAY

**Red** - Roast chicken served with roast potatoes and vegetables

**Green** - Roast Quorn served with roast potatoes and vegetables

## WEDNESDAY

**Red** - Hot dogs served with chips

**Green** - Cheese and tomato pizza served with chips

## THURSDAY

**Red** - Sausage roll served with wedges and beans

**Green** - Quorn sausage puff served with wedges and beans

## FRIDAY

**Red** - Fish fingers served with chips and peas or beans

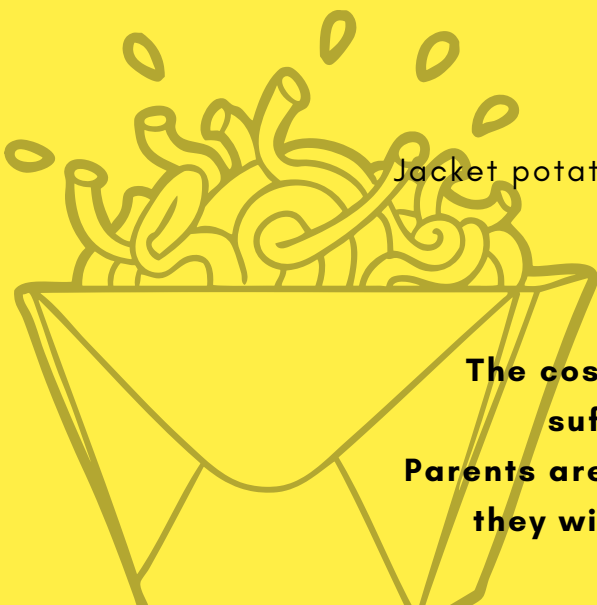
**Green** - Vegetable fingers served with chips and peas or beans

Jacket potatoes are also available every day, served with cheese, beans or tuna mayonnaise.

**A range of desserts are included.**

**The cost is £3.00 per person, please ensure there are sufficient funds in SCOPAY before ordering.**

**Parents are welcome to order in advance through SCOPAY if they wish to, otherwise children will choose in class.**



# WEEK TWO MENU



King's Academy  
Gomer



Week commencing - 11th Nov, 2nd Dec, 6th  
Jan, 27th Jan, 24th Feb, 17th Mar 2025

## MONDAY

**Red** - Sweet potato and chickpea curry served with rice

**Green** - Mac 'n' cheese served with garlic bread

## TUESDAY

**Red** - Sausage roast dinner served with roast potatoes and vegetables

**Green** - Quorn sausage roast dinner served with roast potatoes and vegetables

## WEDNESDAY

**Red** - Chilli with nachos and cheese

**Green** - Cheese pizza and chips

## THURSDAY

**Red** - Meatballs and pasta served in a home-made tomato sauce

**Green** - Quorn meatballs and pasta served in a home-made tomato sauce

## FRIDAY

**Red** - Fish fingers, chips and peas or beans

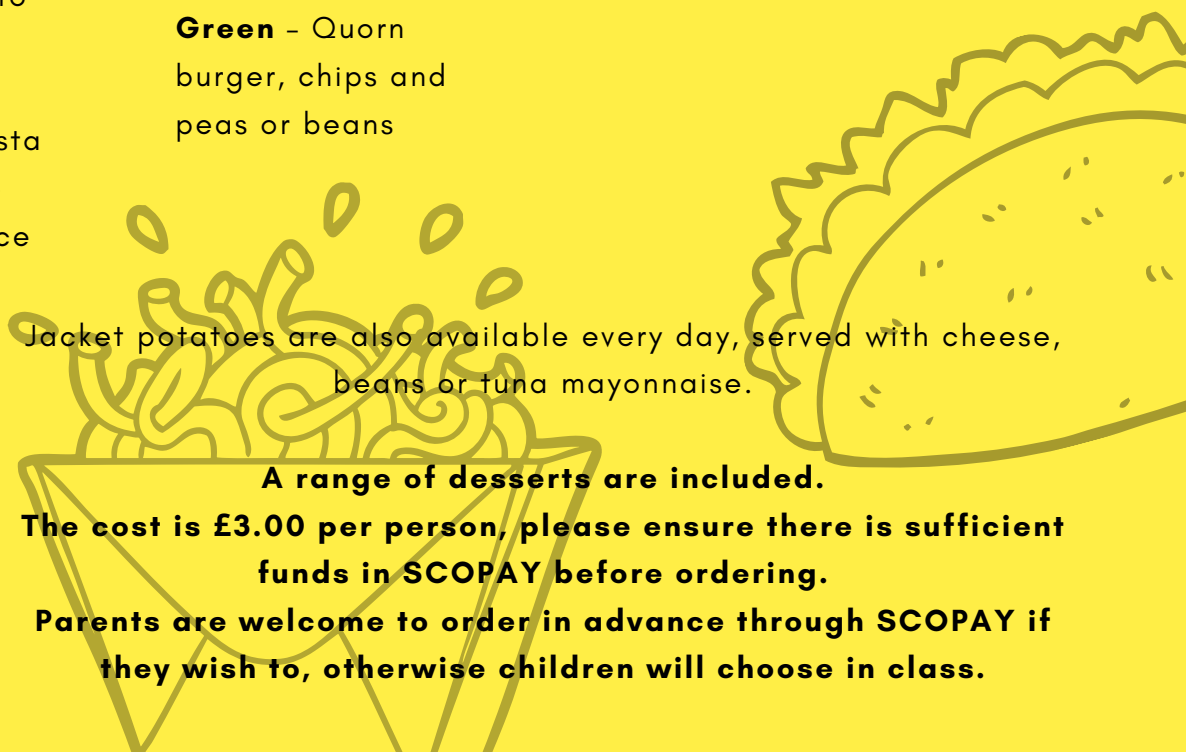
**Green** - Quorn burger, chips and peas or beans

Jacket potatoes are also available every day, served with cheese, beans or tuna mayonnaise.

**A range of desserts are included.**

**The cost is £3.00 per person, please ensure there is sufficient funds in SCOPAY before ordering.**

**Parents are welcome to order in advance through SCOPAY if they wish to, otherwise children will choose in class.**



# WEEK THREE MENU



King's Academy  
Gomer



Week commencing - 18th Nov, 9th Dec,  
13th Jan, 3rd Feb, 3rd Mar, 24th Mar 2025

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## MONDAY

**Red** - Quorn fajitas  
**Green** - Vegetarian  
Quorn lasagne served  
with wedges

## TUESDAY

**Red** - Cottage pie  
and vegetables  
**Green** - Vegetarian  
cottage pie and  
vegetables

## WEDNESDAY

**Red** - Meatballs and  
sweet chilli noodles  
**Green** - Cheese and  
tomato pizza served  
with chips

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## THURSDAY

**Red** - Hunter's chicken  
served with chips and  
beans  
**Green** - Quorn  
nuggets served with  
chips and beans

## FRIDAY

**Red** - Fishcake served  
with chips, peas or  
beans  
**Green** - Falafel wrap  
served with chips,  
peas or beans

Jacket potatoes are also available every day, served with  
cheese, beans or tuna mayonnaise.

**A range of desserts are included.**

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sufficient funds in SCOPAY before ordering.**

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if they wish to, otherwise children will choose in class.**

