



		Monday	Tuesday	Wednesday	Thursday	Friday
		30/10	31/10	01/11	02/11	03/11
Lunch	Sides	Mixed leaves	Peas	Carrots	Homemade garlic bread	Mixed salad
		Tomato and herbs	Sweetcorn		Mixed leaves with dressing	
	HOT	Roast vegetable couscous	Mashed potato	Cauliflower with cheese	Penne pasta	Baked potato
		D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
		Garlic and herb chicken	Braised beef with vegetables	Lamb hot pot	Creamy chicken pasta bake	Chili con carne
		D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
	Vegetarian	Roast pepper and aubergine kebab	Mixed vegetable stew	Root vegetable hotpot	Tomato and aubergine bake	Three bean chili
		D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
	Dessert	Chocolate gateau	Yogurt with shortbread	Orange jelly with peaches	Fruit platter	Victoria sponge
		D E G H V	D E G H V	D E G H V	D E G H V	D E G H V



For any questions, suggestions, or complains, please contact the chef:

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 ☎ 07966380868
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Please note this menu is subject to changes due to unforeseen circumstances. For any updates on allergies please contact i.colmans@kingsolomonacademy.org

If you have any food allergy, please speak with a member of the catering team. Thank you!

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 ALL THE FOOD IS NUT FREE AND THE KITCHENS ARE A NUT FREE ENVIRONMENT



		Monday	Tuesday	Wednesday	Thursday	Friday
		06/11	07/11	08/11	09/11	10/11
Lunch	Sides	Cucumber	Peas	Broccoli	Homemade bread	
		Mixed leaves	Sweetcorn	Cauliflower with cheese	Mixed leaves	Coleslaw
	HOT	Jollof rice	Mashed potato	Roast potatoes	Spaghetti	Sauté potatoes
		D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
		Spicy chicken on jollof rice	Beef bourguignon	Roast chicken	Beef ragu	Breaded fish
	D E G H V	D E G H V	D E G H V	D E G H V	D E G H V	
	Vegetarian	Mushroom and lentil curry	Root vegetable bourguignon	Aubergine and feta wellington	Tomato and basil sauce	Leek and potatoes pasty
		D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
	Dessert	Chocolate cake	Fruit platter	Carrot cake with custard	Fruit salad	Apple crumble
		D E G H V	D E G H V	D E G H V	D E G H V	D E G H V



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		Monday	Tuesday	Wednesday	Thursday	Friday
		13/11	14/11	15/11	16/11	17/11
Lunch	Sides	Cucumber	Carrots	Cucumber	Cucumber	Mixed Salad
		Tomatoes	Broccoli	Coleslaw	Rosemary bread	Peas
	HOT	Rice	Garden peas	Mashed potatoes	Penne	Roast potato wedges
		D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
		Chicken on pumpkin and coconut milk	Shepherd's pie	Beef and chicken sausage with onion gravy	Meatball marinara	Baked cod fillet
	D E G H V	D E G H V	D E G H V	D E G H V	D E G H V	
	Vegetarian	Vegetarian balls on pumpkin and coconut milk	Vegetable pie	Leek and potato sausages with onion gravy	Sweet potato and cumin meatballs	Stuffed mushroom
		D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
	Dessert	Chocolate sponge	Apple and peach crumble	Fruit salad	Forest fruit yogurt	Rice pudding
		D E G H V	D E G H V	D E G H V	D E G H V	D E G H V



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		Monday	Tuesday	Wednesday	Thursday	Friday																				
		20/11	21/11	22/11	23/11	24/11																				
Lunch	Sides	Mixed Salad	Mixed cabbage	Tomato Salad	Garlic bread	Mixed salad																				
		Cucumber	Roasted roots vegetables	Broccoli	Tomato and basil	Spicy potato salad																				
	HOT	Carrot rice	Garden peas	Herb couscous	Penne pasta	Tortilla wrap																				
		D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V
		Thai green chicken curry	Chicken and leek pie	Moroccan lamb	Tomato and mascarpone bake	Chicken Fajitas																				
		D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V
	Vegetarian	Thai vegetable curry	Lentil and courgette pie	Bombay aloo	Tomato and basil sauce	Red pepper and stir fried vegetables																				
		D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V
	Dessert	Chocolate sponge with chocolate sauce	Jelly with fruit	Apple pie with custard	Fruit platter	Vanilla sponge with toffee sauce																				
		D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V



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