

KiC Secondary Autumn 2023 Draft					
Week 1	Monday - Veggie/ Plant +	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Dry aubergine Curry with Cous Cous	Crispy Beef and Vegetable Stir Fry with Noodles	Roast of the Day with Roast Potatoes, Stuffing, and Gravy	Beef Lasagne	Fish Bar and Chips
Veg 1	Macaroni Cheese	Vegan Sausage with Mashed Potatoes and Gravy	Sweet Potato Chana Masala with Bombay Potatoes	Jamaican Veg Fritter with Rice and Peas	Veggie Nuggets with Chips
Grab and Go	Bean Empanadas with Spicy Sweetcorn Salad	Crispy Chickpea Noodles	Tandoori Wings with Bombay Potatoes with Slaw	Jerk Chicken with Rice and Peas	Fish Finger Gyros
Dessert 1 Baked	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse and Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse and Jelly	Cinnamon Sponge Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse and Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse and Jelly

Week 2	Monday - Veggie/ Plant +	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Halloumi Burger with Slaw	Chipotle Chicken Sweet Potato Bowl with Corn Salsa	Roast of the Day with Roast Potatoes, Stuffing, and Gravy	Chef's Special Chicken Curry with Rice	Fish Bar and Chips
Veg 1	Butternut Squash and Chickpea Tagine	Veg Burrito	Best Chickpea Burger with Sweet/Potato Wedges and Slaw	Chickpea Curry Tray Bake with Rice	Spring Rolls with Chips, Sweet Chilli Sauce and Slaw
Grab and Go	Teriyaki Noodles	Birria Chicken Soft Taco	Philly Cheesesteak with Wedges and Siracha Slaw	Sweet Potato and Vegetable Jalfrezi with Rice	Salmon Katsu Curry with Rice or Chips and Slaw
Dessert 1 Baked	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse and Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse and Jelly	Plum Pudding Cake Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse and Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse and Jelly

Week 3	Monday - Veggie	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Spanish Omelette	Chicken Laksa with Noodles/Rice -	Roast of the Day with Roast Potatoes, Stuffing, and Gravy	Peri Peri Chicken with Spicy Rice and Minted Peas	Fish Bar and Chips
Veg 1	Future 50 Samosa with Curried Rice	Thai Style Fried Rice with Edamame	Quorn Roast Fillet with Roast Potatoes, Stuffing and Gravy	Red Pepper and Bean Biryani	Loaded Vegan Sausage and Chips with Curry Sauce - see above
Grab and Go	Chickpea and Spinach Curry with Rice	Carbonara Pizza	Beef Meatball Bake (greek or reg) with Roasted New Potatoes	Veggie Yaki Noodles	Loaded Sausage and Chips with Curry Sauce
Dessert 1 Baked	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse and Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse and Jelly	Vegan Sweet Potato and Ginger Cake Fresh Fruit and Yoghrt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse and Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse and Jelly