

**PASTA MONDAY**

**FAVOURITES**

**WEDNESDAY ROAST**

**THURSDAY PIE**

**CHIPPY FRIDAY**

*week starting - 3 Sep / 24 Sep / 15 Oct / 12 Nov / 26 Nov / 3 Dec*

<b>WEEK 1</b>	Tuna and/or Cheese Pasta Bake	Toad in the Hole	Roast Beef	Chicken Pie	Chicken Fillet Pieces
	Garlic Bread	Vegetarian Toad in the Hole	Country Bake	Quorn & Lentil Pie	Quiche
	Sweetcorn & Peas	Mash Potato or Cous Cous	Roast Potatoes + Yorkshire	Swirlie Potatoes	Chunky Chips
	Homemade Shortbread Biscuit & Choice of Fruit	Carrots & Peas	Carrots & Green Beans	Broccoli & Sweetcorn	Baked Beans & Cucumber
		Chocolate Tiramisu	Treacle Sponge & Custard	Apple Crunch & Cream	Flapjack

*week starting - 10 Sep / 1 Oct / 29 Oct / 19 Nov / 10 Dec*

<b>WEEK 2</b>	Italian Style Meatballs	Tortilla Wraps with selection from Ham, Tuna, Cheese	Roast Chicken	Savoury Mince	Breaded Fish Fillet
	Vegetarian Meatballs	Wedges	Cauliflower Cheese	Quorn Risotto	Cheese Omelette
	Pasta & Garlic Bread	Corn on the Cob & Cucumber Sticks	Roast Potatoes + Yorkshire	Rice	Chunky Chips
	Sweetcorn & Green Beans	Autumn Fruit Crumble & Custard	Carrots & Broccoli	Mixed Vegetables & Broccoli	Baked Beans & Carrot Sticks
	Melting Moment Biscuit & Fruit		Chocolate Sponge & Chocolate Custard	Pancakes with Warm Apple Compote & Cream	Fruit Jelly

*week starting - 17 Sep / 8 Oct / 5 Nov / 26 Nov / 17 Dec*

<b>WEEK 3</b>	Pasta Bolognese	Chicken Curry	Baked Ham	Chicken Casserole & Dumplings	Pepperoni Pizza
	Cheesy Vegetable Bake	Vegetable Curry	Cauliflower Cheese	Vegetable Casserole	Margherita Pizza
	Garlic Bread	Rice, Poppadoms, Naan Bread	Roast Potatoes + Yorkshire	Saute Potatoes	Chunky Chips
	Peas & Sweetcorn	Peas & Sweetcorn	Carrots & Broccoli	Cauliflower & Mange Tout	Baked Beans & Cucumber Sticks
	Viennese Whirl & Fruit	Iced Carrot Cake	Apple Crumble & Custard	Chocolate Mousse	Iced Smoothie & Orange Smile

*we use whole fillet of fish, all our meat products come in fresh (using whole muscle) and meals are cooked from scratch*

*at least 2 puddings each week include 50% fruit - fresh fruit and yoghurt is available every day*

*additional vegetables are included in all home made sauces used for pasta and pies*

*- [www.kiteskitchen.co.uk](http://www.kiteskitchen.co.uk) -*