

Junior Menu



All dishes highlighted have one or more of the key features to make it a Future Proof Food dish.



All dishes highlighted have been requested by our pupils.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Station	Soup of The Day & Fresh Bread	 Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	 Soup of The Day & Fresh Bread
Main course one	Chicken Chow Mien	Pork or Chicken Sausage Creamy Potato & Gravy	Roast British Turkey	 Spaghetti Bolognese	Pizza Bar Meat Feast Pizza
Vegetarian	Vegan Summer Vegetable Sweet & Sour 	Vegan Sausage, Creamy Potato & Gravy 	Cauliflower Cheese with Parmesan Crumble Top	Courgette, Spinach & Baby Leaf Gratin 	Margarita Pizza Vegan Pizza
On the side	Broccoli Fragrant Prawn Crackers Lime & Coriander Rice	Steamed Garden Peas Creamy Mash Gravy	Thyme Roast Potato Steamed Broccoli Honey Roast Carrots Gravy Cranberry Thyme & Rosemary stuffing	Garlic & Rosemary Focaccia Sautéed Greens	Seasoned fries Chop house salad Caesar salad Baked beans Kings slaw
Served Salad Bar / Deli Bar	Lettuce Cucumber Tomato Grated Carrot Grated Cheese	Lettuce Cucumber Tomato Grated Carrot Grated Cheese	Lettuce Cucumber Tomato Grated Carrot Grated Cheese	Lettuce Cucumber Tomato Grated Carrot Grated Cheese	Lettuce Cucumber Tomato Grated Carrot Grated Cheese
Jacket Potato / Pasta Bar	Jacket Potato With Tuna Mayo	Pesto Pasta	Jacket Potato with Italian Sausage Stew	Pasta with Tomato & Lentil Basil Sauce	Jacket Potato with Beans & Cheese
Dessert Station	Sticky Toffee Pudding with Toffee Sauce	Lemon Drizzle & Cream	 Chocolate & Brownie	Peach & Raspberry Oat Crumble Cake	Iced Buns
Fruit & Yoghurt Pots	Fruit Salad Flavoured Yoghurt	Fruit Salad Flavoured Yoghurt	Fruit Salad Flavoured Yoghurt	Fruit Salad Flavoured Yoghurt	Fruit Salad Flavoured Yoghurt

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Station	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread	Soup of The Day & Fresh Bread
Main course one	Chicken Tikka Masala	<u>Pasta Bar</u>  Turkey & Bacon or Mushroom Carbonara	Honey Roast Gammon	 Spiced Mexican Beef Tacos	  THE HOME OF <i>Early Chicken!</i>
Vegetarian	 Teriyaki Tofu & Noodles	 Creamy Tomato Green Pesto	Red Pepper & Cheese Frittata	 Mixed Bean Enchilada	 THE HOME OF <i>Early Chicken!</i>
On the side	Braised Turmeric Rice Spiced Vegetable Dahl Sweetcorn	Pick a Mix Pasta Green Beans House Salad	Gravy Garlic & Thyme New potato Steamed Broccoli	Soft Shell & Hard Shell Taco Sweetcorn Mexican Style Rice Salsa Guacamole	 THE HOME OF <i>Early Chicken!</i>
Served Salad Bar / Deli Bar	Lettuce Cucumber Tomato Grated Carrot Grated Cheese	Lettuce Cucumber Tomato Grated Carrot Grated Cheese	Lettuce Cucumber Tomato Grated Carrot Grated Cheese	Lettuce Cucumber Tomato Grated Carrot Grated Cheese	Lettuce Cucumber Tomato Grated Carrot Grated Cheese
Jacket Potato / Pasta Bar	Jacket Potato With Tuna Mayo	Pesto Pasta	Jacket Potato with Italian Sausage Stew	Pasta with Tomato & Lentil Basil Sauce	Jacket Potato with Beans & Cheese
Dessert Station	Mixed Fruit Sponge & Custard	Carrot Cake	Rice Crispy Cake	Blondie	Cookies
Fruit & Yoghurt Pots	Fruit Salad Jelly Pots Flavoured Yoghurt	Fruit Salad Jelly Pots Flavoured Yoghurt	Fruit Salad Jelly Pots Flavoured Yoghurt	Fruit Salad Jelly Pots Flavoured Yoghurt	Fruit Salad Jelly Pots Flavoured Yoghurt



Week Three	Sustainable Monday	Tuesday	Wednesday	Thursday	Friday
Main course one	Chinese Chicken & Egg Fried Rice	 Meatballs & Spaghetti	Roast Chicken	 Kings Brunch	 King's Chip Shop Friday Battered Fish & Chips
Vegetarian	Vegetable Korma 	Vegetarian Meatballs 	Kings Man 'n' Cheese with a Parmesan Crumb 	Vegetarian Sausages Vegan Sausages 	King's Chip Shop Friday Chef Anne's Shortcrust Cheese & Onion Pie 
On the side	Steamed Spring Onion Rice Sautéed Broccoli Sweetcorn	Italian Herb Potato Sautéed Greens Garlic Bread	Roasted Potato Roasted Root Vegetables Gravy	Baked Beans Scrambled Egg Grilled Tomatoes	Chunky Chips Chip Shop Curry Sauce Mushy Peas Tartare sauce
Served Salad Bar / Deli Bar	Lettuce Cucumber Tomato Grated Carrot Grated Cheese	Lettuce Cucumber Tomato Grated Carrot Grated Cheese	Lettuce Cucumber Tomato Grated Carrot Grated Cheese	Lettuce Cucumber Tomato Grated Carrot Grated Cheese	Lettuce Cucumber Tomato Grated Carrot Grated Cheese
Jacket or pasta		Jacket Potato & Roasted Tomato, Lemon & Broccoli	Jacket Potato & Creamy Squash, Pea & Basil	Jacket Potato & Chorizo & Cherry Tomato Stew	Jacket Potato & Beans
Dessert Station	Apple & Vanilla Oat Crumble	'Brookies'	Apple Flapjack	Lemon & Lime Drizzle	Triple Chocolate Pudding
Fruit & Yoghurt Pots	Fruit Salad Jelly Flavoured Yoghurt	Fruit Salad Jelly Flavoured Yoghurt	Fruit Salad Jelly Flavoured Yoghurt	Fruit Salad Jelly Flavoured Yoghurt	Fruit Salad Jelly Flavoured Yoghurt