



# Christ The King Primary School - Week One



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | TUESDAY                                                                                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Sausage and Mash</b><br/>Choose from a butcher's quality sausage or a Quorn served on a bed of homemade mash with gravy and green beans.</p>                                                                                                                                                                                                                                                                                  | <p><b>Chicken and Broccoli Noodles</b><br/>Choose from either fresh chicken pieces or Quorn pieces and broccoli cooked with onions, garlic peppers and soy sauce mixed with egg noodles.</p>  | <p><b>Roast Dinner</b><br/>Choose from roast meat of the day or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy.</p>  | <p><b>Lasagne</b><br/>Choose from fresh minced beef or Quorn mince cooked with onions, garlic, tomatoes and herbs layered between pasta sheets topped with a bechamel sauce and baked in the oven. Served with garlic bread and salad.</p>  | <p><b>Fish &amp; Chips</b><br/>Choose from either Battered Cod fillet, Cod fillet fish fingers, or Quorn nuggets oven and served with chips and peas or baked beans.</p>  |
| <p><b>Jacket Potatoes and Paninis are also available daily as a hot alternative</b></p> <p><b>Or</b></p> <p><b>Deli Bar - Available Everyday</b><br/>Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, turkey, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p> |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                              |
| <p><b>Dessert</b><br/>Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day</p>                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                              |
| Cake                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | flapjack                                                                                                                                                                                                                                                                       | Jelly                                                                                                                                                                                                                           | Cookie                                                                                                                                                                                                                                                                                                                         | Ice Cream                                                                                                                                                                                                                                                    |
| <p><b>Drink</b><br/>A selection of juice and milkshakes, milk and water will be available daily</p>                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                              |



# Christ The King Primary School - Week Two



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                                         | WEDNESDAY                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                      | FRIDAY                                                                                                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Mac &amp; Cheese</b><br/>Macaroni pasta mixed with a homemade cheese sauce.</p>                                                                                                                                                                                                                                      | <p><b>Creamy Chicken Curry</b><br/>Choose from a homemade Creamy Chicken Curry or a Sweet Potato &amp; Lentil Curry served with Basmati Rice, Naan bread.</p>  | <p><b>Roast Dinner</b><br/>Choose from roast meat of the day or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy.</p>  | <p><b>Brunch</b><br/>Choose from a rasher of bacon or a Quorn sausage, served with scrambled eggs, baked beans, mushrooms, tomatoes, and brown bread.</p>  | <p><b>Fish &amp; Chips</b><br/>Choose from either Battered Cod fillet, Lemon &amp; Garlic Salmon Fillet or a Quorn nugget baked in the oven and served with chips and mushy peas or baked beans.</p>  |
| <p><b>Jacket Potatoes and Paninis are also available daily as a hot alternative</b></p>                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                          |
| <p><b>Or</b></p>                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                          |
| <p><b>Deli Bar - Available Everyday</b><br/>Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, turkey, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p> |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                          |
| <p><b>Dessert</b><br/>Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day</p>                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                          |
| Crispy cakes                                                                                                                                                                                                                                                                                                                                                                                                | Cherry & apple crumble                                                                                                                                                                                                                          | Jelly                                                                                                                                                                                                                           | Shortbread                                                                                                                                                                                                                                    | Biscuits                                                                                                                                                                                                                                                                                 |
| <p><b>Drink</b><br/>A selection of juice and fresh milkshakes, milk and water will be available daily</p>                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                          |



# Christ The King Primary School - Week Three



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                      | TUESDAY                                                                                                                                                                                                                                                                             | WEDNESDAY                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                                      | FRIDAY                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Chicken Burger</b><br/>Choose from a chicken burger or a Quorn burger served in a burger bun with wedges &amp; sweetcorn</p>                                                                                                                                                                                         | <p><b>Cottage Pie</b><br/>Fresh mince beef or Quorn mince, cooked with onions, carrots, and stock, then topped with homemade mashed potatoes &amp; baked in the oven, served with vegetables.</p>  | <p><b>Roast Dinner</b><br/>Choose from roast meat of the day or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy.</p>  | <p><b>Chicken Tikka Masala</b><br/>Chicken piece cooked with onions, garlic, fresh ginger, cumin, garam masala and tomatoes, served on a bed of rice with Naan bread.</p>  | <p><b>Fish &amp; Chips</b><br/>Choose from either Battered Cod fillet, Cod fillet fish fingers, or Quorn nuggets oven and served with chips and peas or baked beans.</p>  |
| <p><b>Jacket Potatoes and Paninis are also available daily as a hot alternative</b></p>                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                              |
| <p><b>Or</b></p>                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                              |
| <p><b>Deli Bar - Available Everyday</b><br/>Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, turkey, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p> |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                              |
| <p><b>Dessert</b><br/>Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day</p>                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                              |
| Sponge cake                                                                                                                                                                                                                                                                                                                                                                                                 | Muffins                                                                                                                                                                                                                                                                             | Jelly                                                                                                                                                                                                                           | Ice buns                                                                                                                                                                                                                                                      | Chocolate Chip Cookie                                                                                                                                                                                                                                        |
| <p><b>Drink</b><br/>A selection of juice and fresh milkshakes, milk and water will be available daily</p>                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                              |