

CTC KINGSHURST ACADEMY LUNCH MENU, WEEK 3

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COUNTER	Chicken Caesar lasagne, served with salad Cheese omelette jacket potato peas and sweetcorn Gravy Fresh fruit pot Apple cobbler & custard	Roast pork served with stuffing ball Cheese & potato pie Roast potatoes Medley of vegetables Gravy grape pot Chocolate sponge & custard	Hunters chicken Tomato & basil pasta Side salad Braised rice Broccoli Gravy Fresh fruit pot Apple and strawberry pancakes, served with ice cream	Meatballs in tomato sauce, with spaghetti Two sauce pasta bake Honey roast carrots Sauté leeks with chick peas Gravy pineapple pot Pineapple upside down cake & custard	Gourmet salmon goujons with lemon Cheese & tomato pizza slice Chipped potatoes Mushy peas Gravy Fresh fruit pot Apple & cinnamon crumble pie custard

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Jacket potato station	Jacket potato with Chicken meatballs & cheese	Jacket potato with beans & cheese	Jacket potato with Tuna & cheese	Jacket potato with Vegetable curry	Jacket potato with Cheesy coleslaw
Main hall	Pasta with meat & vegetarian sauces Curry pot & rice	Pasta with meat & vegetarian sauces Curry pot & rice	Pasta with meat & vegetarian sauces Curry pot & rice	Pasta with meat & vegetarian sauces Curry pot & rice	Pasta with meat & vegetarian sauces Curry pot & rice
Sandwich station	BBQ Chicken skewer served in wrap	Cheese & Tomato panini	American style chicken with baked wedges	Chicken skewer, served in pitta	Cheese & tomato pizza slice
Al fresco	Jumbo hotdog	Chicken strips in bun with salad	Chicken tikka wrap with salad	Cheeseburger	Cheese & tomato pizza slice

Also available daily a selection of sandwiches, baguettes, mini French rolls, a self-service salad bar/ salad pots, selection of fresh fruit pots and yogurt based desert pots. A full list of allergens is available from the catering manager.