

KHS Michaelmas Term 2009

Week one

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Grilled British back bacon Oven baked potato waffles Spaghetti hoops Baked beans or Continental choice	British pork sausages Oven baked hash browns Spaghetti hoops Baked beans or Continental choice	Fried Eggs English breakfast muffin Spaghetti hoops Baked beans or Continental choice	British Pork Sausages Oven baked potato smiles Spaghetti hoops Baked beans or Continental choice	Grilled British back bacon Oven baked hash browns Spaghetti hoops Baked beans or Continental choice	Continental Breakfast A selection of sliced meats & cheeses. Sliced tomato Freshly baked croissant Freshly baked bread roll	
	Home produced natural yoghurt, toast & a choice of preserves, fruit juices and a selection of cereals served with fresh semi-skimmed milk are available every day						
Lunch	Chicken Tikka Masala Chickpea & vegetable curry British beef & mushroom pie Steamed rice Mashed Potatoes Sweetcorn Local Broccoli Syrup sponge served with custard	Chinese pork stir fry Vegetable stir fry with bamboo shoots Fish Pie Egg noodles Parsley potatoes Savoy cabbage Baton carrots Peach crumble	Pork steak rarebit style Penne pasta served with Minced beef bolognaise Or Tomato, cream cheese & basil sauce New potatoes Whole green beans Garlic bread Apple pie served with vanilla ice cream	Locally sourced roast of the day with traditional accompaniments "Kingham Green" cheese & potato tart Minted Lamb Casserole Roast Potatoes Sautéed mixed cabbage Cauliflower Chocolate sponge pudding served with custard	Battered fish of the day Daylesford Organics dish of the day 3 Cheese macaroni bake Chip shop style chips Parsley potatoes Garden Peas Sweetcorn Rice Pudding served with jam & raisins	<i>Packed lunches or an on site cooked lunch will be served subject to variations in the school calendar</i>	<i>Breakfast or brunch will be served subject to variations in the school calendar</i>
	Supper	Minced beef lasagne Vegetable lasagne Fish Fingers Minty new potatoes Mixed leaf salad Fresh cream apple turnover	Sausage & mixed bean bake with a potato top Roast chicken Quorn sausage bake Mustard mash gratin Cauliflower Carrot cake with cream cheese icing	Mexican fajita style chicken Vegetable & bean chilli Home made tuna fish cakes Chunky herby potatoes Tortilla wrap Mixed leaf salad Chocolate krispy cake	Shepherd's pie Chinese marinated chicken thighs Quorn shepherd's pie Egg fried rice Baked jacket potato Mixed vegetables Fruit jelly & cream	Gammon steak served with pineapple Thai style red beef curry Vegetable curry New potatoes Steamed rice Sliced green beans Sponge cake with butter icing	100% beef burger Chicken burger Veggie burger Sliced cheese, lettuce, tomatoes French fries Salads Doughnuts

A selection of cold protein items, composite salads, bread and fresh fruit are available throughout the lunch & supper service