

King Fahad Academy

Winter Menu 2019 - Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|---------------------------------------|---|---------------------------------------|---------------------------------------|---------------------------------------|
| Dish of the Day 1 | Spaghetti Bolognese (Lamb) | Boneless Chicken Thighs (2) | Minced Lamb Pizza | Roast Chicken Fillets | Jumbo Fish Fingers (2) |
| Vegetarian | Cheese & Onion Pasty | Stuffed Peppers | Cheese & Tomato Pizza | Cauliflower Cheese | Vegetable Nuggets |
| Option 3 | Jacket Potato with choice of fillings | Jacket Potato with choice of fillings | Jacket Potato with choice of fillings | Jacket potato with choice of fillings | Jacket Potato with choice of fillings |
| Vegetable | Brussels & Carrots | Peas & Broccoli | Coleslaw & Sweetcorn | Cauliflower & Carrots | Peas or Baked Beans |
| Potato Option | Mash or Boiled Potato | Rice or Potato Wedges | Potato Salad | Roast or Mash Potato | Chips |
| Salad Bar | Selection of Fresh Salad | Selection of Fresh Salad | Selection of Fresh Salad | Selection of Fresh Salad | Selection of Fresh Salad |
| Dessert | Raspberry Eaton Mess | Chocolate Rice Crispy Cake | Apple Pie & Custard | Jam Sponge & Custard | Artic Roll |
| Desert Option | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Drinks | Water | Water | Water | Water | Water |
| | | Jacket Potato Fillings, Baked Beans, Cheese or Tuna | | | |

King Fahad Academy Winter Menu 2019 - Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|---------------------------------------|--|---------------------------------------|---------------------------------------|---------------------------------------|
| Dish of the Day 1 | Halal Lamb | Shepherd's Pie | Chicken & Sweetcorn Pizza | Meatballs & Pasta | Chicken Goujons (4) |
| Vegetarian | Sausages & Mash Veggie Sausages | Quorn Mince | Sweet Pepper & Sweetcorn Pizza | Vegetarian Kiev | Vegetable Nuggets |
| Option 3 | Jacket Potato with choice of fillings | Jacket Potato with choice of fillings | Jacket Potato with choice of fillings | Jacket potato with choice of fillings | Jacket Potato with choice of fillings |
| Vegetable | Carrots & Peas or Baked Beans | Broccoli & Green Beans | N/A | Green Beans & Carrots | Peas or Baked Beans |
| Potato Option | Mash or Boiled Potatoes | Half Jacket Potato or Potato Wedges | Potato Wedges | Mash or Roast Potato | Chips |
| Salad Bar | Selection of Fresh Salad | Selection of Fresh Salad | Selection of Fresh Salad | Selection of Fresh Salad | Selection of Fresh Salad |
| Dessert | Mixed Berry Crumble & Custard | Fruit Yoghurt | Toffee Cake with Dates & Custard | Vanilla Cheesecake | Vienetta Ice Cream |
| Desert Option | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Drinks | Water | Water | Water | Water | Water |
| | | Jacket Potato Fillings Baked Beans, Cheese or Tuna | | | |

King Fahad Academy Winter Menu 2019 - Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|---------------------------------------|--|---------------------------------------|---------------------------------------|---------------------------------------|
| Dish of the Day 1 | Lasagne & Garlic Bread | Roast Chicken | Lamb Meatball Bolognese | Roast Lamb & Yorkshire Pudding | Cod in Breadcrumbs |
| Vegetarian | Quorn Bolognese & Garlic Bread | Vegetable Hot Pot | Margherita Pizza | | Vegetarian Fish Fingers |
| Option 3 | Jacket Potato with choice of fillings | Jacket Potato with choice of fillings | Jacket Potato with choice of fillings | Jacket potato with choice of fillings | Jacket Potato with choice of fillings |
| Vegetable | N/A | Carrots & Green Cabbage | Sweetcorn & Baked Beans | Broccoli & Peas | Peas & Sweetcorn |
| Potato Option | N/A | Boiled or Mash Potato | Potato Wedgges | Roast or Mash Potato | Chips or Mash Potato |
| Salad Bar | Selection of Fresh Salad | Selection of Fresh Salad | Selection of Fresh Salad | Selection of Fresh Salad | Selection of Fresh Salad |
| Dessert | Raspberry Fool | Chocolate Fudge Cake | Apple Strudel & Custard | Fruit Flapjack | Fruit Yoghurt |
| Desert Option Drinks | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| | Water | Water | Water | Water | Water |
| | | Jacket Potato Fillings Baked Beans, Cheese or Tuna | | | |