Menu Week: Monday 16th November – Friday 20th November 2026

Please note that all meals are served with vegetables or salad, students will automatically receive these as part of our healthy eating drive.

We have water available to purchase however, we actively encourage students to bring their own water bottles and use our water fountains/ other sources of water to fill them up.

All Main meals are £2.25, Sandwiches are between £2.00 and £2.25.

We have fruit available alongside all our main meals which are of a seasonal variety.

If you/your child has any questions or concerns, please speak to a server who will assist.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Allergens: Cheese = Milk Garlic Bread = Wheat Quorn Pieces = Egg Quorn Mince = Soya Quorn Burger = Wheat Noodles and Pasta: Wheat	Chicken Chinese sticky Noodles Allergens: See server Egg (Quorn)	Jamaican Curry with rice (Quorn Pieces/Egg)	Chicken stew pasta with garlic bread Sauce: Soya, Soy and Wheat) (Quorn Pieces/Egg)	Chicken in black bean sauce with rice Allergens: See server Egg (Quorn)	Roast potato with beef sauce Barley / Soya Wheat Soya (Quorn Pieces/Egg)
Summer Term Specials Cheese: Milk	Jacket Potato with: Beans, Cheese or Tuna	Jacket Potato with: Beans, Cheese or Tuna	Jacket Potato with: Beans, Cheese or Tuna	Jacket Potato with: Beans, Cheese or Tuna	Jacket Potato with: Beans, Cheese or Tuna
Specialty Bar Wraps and Pasta: Wheat Cheese = Milk Garlic Bread = Wheat Mint yoghurt = milk, egg	Fajita Chicken Wrap	Fajita Chicken Wrap	Mexican Style Wraps (wheat) Salad and Mint Yoghurt (milk/egg) (Quorn Pieces/Egg)	Maccaroni Cheese (Wheat & Milk)	Italian style Chicken Pasta (wheat) (Quorn Pieces/Egg)

Nutrition Average carb and fat content of main meal	Average carb and fat content of main meal Fat 30-45gms Carbs 60-80gms	Average carb and fat content of main meal Fat 25-35gms Carbs 75-95gms	Average carb and fat content of main meal Fat 20-30gms Carbs 60-75gms	Average carb and fat content of main meal Fat 15-25gms Carbs 70-90gms	Average carb and fat content of main meal Fat 20-30gms Carbs 60-80gms
Deli	Sandwich & Wrap Range See separate menu and allergen list	Sandwich & Wrap Range See separate menu and allergen list	Sandwich & Wrap Range See separate menu and allergen list	Sandwich & Wrap Range See separate menu and allergen list	Sandwich & Wrap Range See separate menu and allergen list

Over the coming weeks we are pleased to announce that we will be making changes and adaptations to our menu. Should you have any questions please reach out to: Catering1@kingsdale.southwark.sch.uk Please note: That due to supply chain issues and other factors beyond our control the menu maybe subject change