Menu Week: Monday 23th November – 27th 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 Cheese = Milk Garlic Bread = Wheat Quorn Pieces = Egg Quorn Mince = Soya Quorn Burger = Wheat Noodles and Pasta: Wheat	**Meat Free Monday** Tomato Pasta Quorn Mince = Soya	Beef stew with Roast Potatoes and Vegetables Allergens: See your server	Meatballs and Spaghetti (wheat) With Cheese (milk) & Garlic Bread (wheat) (Quorn Pieces/Egg)	Chicken stew with Rice Sauce: Fish Quorn Pieces = Egg	Chicken Korean Sticky Noodles (wheat) Sauce: Sesame, soybean, wheat)
Summer Term Specials Cheese: Milk	**Meat Free Monday** Jacket Potato with: Tuna, Beans or Cheese	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 Chicken Sausage = Wheat, Sulphur Dioxide Cheese = Milk	**Meat Free Monday** Chilli Taco's, Salad and Mint Yoghurt (milk/egg)	Chicken Sausage Pasta With cheese and garlic bread Cheese (milk) & Garlic Bread/pasta (wheat)	Mexican Style Wraps (wheat) Salad and Mint Yoghurt (milk/egg)	Jamaican Chicken Wrap (wheat) Salad and Mint Yoghurt (milk/egg)	See menu board for specials Allergens: See your server

Garlic Bread = Wheat Mint yoghurt = milk/egg	Quorn Mince = Soya	Chicken Sausage = Wheat, Sulphur dioxide	(Quorn Pieces/Egg)	(Quorn Pieces/Egg)	
Nutrition Average carb and fat content of main meal	Average carb and fat content of main meal Fat 25-35gms Carbs 85-110gms	Average carb and fat content of main meal Fat 20-30gms Carbs 60-80gms	Average carb and fat content of main meal Fat 15-25gms Carbs 50-70gms	Average carb and fat content of main meal Fat 25-35gms Carbs 60-80gms	Average carb and fat content of main meal Fat 30-45gms Carbs 60-80gms
Deli	**Meat Free Monday** Vegetarian 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