

**Menu Week: Monday 5<sup>th</sup> October – 9<sup>th</sup> October 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                                                                                                                         |
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| <b>Main Meal</b><br><br>Cheese = Milk<br>Garlic Bread = Wheat<br>Quorn Pieces = Egg<br>Quorn Mince = Soya<br>Quorn Burger = Wheat<br>Noodles and Pasta: Wheat          | <b><u>Meat Free Monday</u></b><br><br>Chilli with Rice<br><br>Quorn Mince = Soya                                    | Meatballs and Spaghetti (wheat)<br><br>With<br>Cheese (milk) &<br>Garlic Bread (wheat)<br><br>(Quorn Pieces/Egg)                                          | Chicken Thai red Curry with Rice<br><br>Sauce: Fish<br>Quorn Pieces = Egg                     | Chicken Korean Sticky Noodles (wheat)<br><br>Sauce: Sesame, soybean, wheat)                     | Beef Casserole with Potatoes and rice<br><br>Veg Gravy = Barley / Soya<br>Chicken Gravy = Wheat Soya<br><br>(Quorn Pieces/Egg) |
| <b>Summer Term Specials</b><br><br>Cheese: Milk                                                                                                                        | <b><u>Meat Free Monday</u></b><br><br>Jacket Potato with:<br>Tuna, Beans or Cheese                                  | Jacket Potato with:<br>Beans, Cheese or Tuna                                                                                                              | Jacket Potato with:<br>Beans, Cheese or Tuna                                                  | Jacket Potato with:<br>Beans, Cheese or Tuna                                                    | Jacket Potato with:<br>Beans, Cheese or Tuna                                                                                   |
| <b>Specialty Bar</b><br><br>Wraps and Pasta = Wheat<br>Chicken Sausage = Wheat,<br>Sulphur Dioxide<br>Cheese = Milk<br>Garlic Bread = Wheat<br>Mint yoghurt = milk/egg | <b><u>Meat Free Monday</u></b><br><br>Chilli Taco's, Salad and<br>Mint Yoghurt (milk/egg)<br><br>Quorn Mince = Soya | Chicken Sausage Pasta<br>With cheese and garlic bread<br><br>Cheese (milk) &<br>Garlic Bread/pasta (wheat)<br>Chicken Sausage = Wheat,<br>Sulphur dioxide | Mexican Style Wraps (wheat)<br>Salad and<br>Mint Yoghurt (milk/egg)<br><br>(Quorn Pieces/Egg) | Jamaican Chicken Wrap (wheat)<br>Salad and<br>Mint Yoghurt (milk/egg)<br><br>(Quorn Pieces/Egg) | See menu board for specials<br><br>Allergens: See your server                                                                  |

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|                                                           |                                                                                                                         |                                                                                    |                                                                                    |                                                                                    |                                                                                    |
| Nutrition<br>Average carb and fat<br>content of main meal | Average carb and fat content<br>of main meal<br><br>Fat 25-35gms<br>Carbs 85-110gms                                     | Average carb and fat content<br>of main meal<br><br>Fat 20-30gms<br>Carbs 60-80gms | Average carb and fat content<br>of main meal<br><br>Fat 15-25gms<br>Carbs 50-70gms | Average carb and fat content<br>of main meal<br><br>Fat 25-35gms<br>Carbs 60-80gms | Average carb and fat content of main<br>meal<br><br>Fat 30-45gms<br>Carbs 60-80gms |
| Deli                                                      | <b><u>Meat Free Monday</u></b><br><br>Vegetarian Sandwich &<br>Wrap Range<br><br>See separate menu and<br>allergen list | Sandwich & Wrap Range<br><br>See separate menu and<br>allergen list                | Sandwich & Wrap Range<br><br>See separate menu and<br>allergen list                | Sandwich & Wrap Range<br><br>See separate menu and<br>allergen list                | Sandwich & Wrap Range<br><br>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](mailto:Catering1@kingsdale.southwark.sch.uk) Please note: That due to supply chain issues and other factors beyond our control the menu maybe subject change