

Menu Week: Monday 6th July 2026 to 10th July 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	<u>Meat Free Monday</u> Tomato Pasta Bake Allergens: Milk, Wheat, Egg	Spaghetti Bolognaise with Cheese Allergens: Egg, Barley, Fish	Chicken Stew and Roast Potatoes Allergens: Egg, Milk	Vegetable Fried Rice/ Chicken Allergens: see your server	Thai red Curry with Rice Allergens: Fish oil, Coconut Milk, Egg
Summer Term Specials Cheese: Milk Soup: Gluten, Egg, Celery, Mustard, Milk, Soy	<u>Meat Free Monday</u> Jacket Potato with: Beans or Cheese Soup of the day and a roll	Jacket Potato with: Beans, Cheese or Tuna Soup of the day and a roll	Jacket Potato with: Beans, Cheese or Tuna Soup of the day and a roll	Jacket Potato with: Beans, Cheese or Tuna Soup of the day and a roll	Jacket Potato with: Beans, Cheese or Tuna Soup of the day and a roll
Specialty Bar	<u>Meat Free Monday</u> Chinese Style Wraps With Salad	Pasta Pot (see menu) Allergens: See your server Egg (Quorn)	Mexican Style Wraps With Salad	Shawarma Flat Breads with Salad	Pasta Pot (see menu) Allergens: See your server Egg (Quorn)

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	<u>Meat Free Monday</u> 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: kitchen@kingsdale.southwark.sch.uk Please note: That due to supply chain issues and other factors beyond our control the menu maybe subject change