



November 17

AMEY



School Menu



R & K CATERING



September 17

Chefs notes:

Menus change every term but are reviewed at the end of every 3 week cycle.

Menus will always be available online to download at www.rkfoods.co.uk

All items are subject to availability and school variation

Themed days can be tailored to the schools needs.

All meat and poultry served by R&K is HMC approved Halal

All fish served is from sustainable sources

All our buns are suitable for vegans

All Pasta items served are drum wheat and do not contain egg

As a company standard we provide jacket potatoes with filling of the day, salad bar, fresh fruit and fruit yoghurts everyday. We also provide a small number of subs/wraps on a daily basis.



| AMW1 | Monday | Tuesday | Wednesday | Thursday | Meat Free Friday |
|----------|---|---|--|---|---|
| Option 1 | Grilled Chicken Kebab with Salad & Naan | Chicken Curry | Hot Dogs | Lamb Lasagne | Fish Fingers |
| Option 2 | Vegetable Fingers Herby Diced Potatoes | Chickpea & Potato Curry | Vegetable Hot Dogs | Roasted Vegetable Lasagne | Quorn Nuggets |
| Sides | As Above | Brown Rice | Potato Wedges Corn On The Cob | Garlic Bread Coleslaw Green Beans | Oven Chips Baked Beans Broccoli Florets |
| Extra's | Cheese Salad Subs Jacket Potato With Filling Of The Day Mixed Salad | Grilled Chicken Wraps Jacket Potato With Filling Of The Day Mixed Salad | Tuna & Sweet corn Barm Jacket Potato With Filling Of The Day Mixed Salad | Chicken Tikka Barm Jacket Potato With Filling Of The Day | Cheese Salad Subs Jacket Potato With Filling Of The Day Mixed Salad |
| Dessert | Doughnut Or A Fruit Yoghurt | Coconut & Jam Sponge With Custard Or A Fruit Yoghurt | Brownie with Cream Or A Fruit Yoghurt | Swiss Roll with Custard Or A Fruit Yoghurt | Cornflake Clusters Or A Fruit Yoghurt |



| AMW2 | Monday | Tuesday | Wednesday | Thursday | Meat Free Friday |
|----------|---|---|--|--|---|
| Option 1 | Cheese & Tomato Pizza | Chicken Tikka Masala | Cheese Burger | Chicken & Vegetable Pasta Bake | Battered Fish |
| Option 2 | Salmon Wholemeal Roll | Tuna Pasta With Garlic Bread | Vegetable Burger | Vegetable Pasta Bake | Cheese & Tomato Whirl |
| Sides | Half Jacket Potato Sweet Corn Leafy Salad | Saffron Rice | Potato wedges Cucumber sticks | Garlic Bread Rustic Coleslaw | Oven Chips Mushy Peas |
| Extra's | Cheese Salad Sub Jacket Potato With Filling Of The Day | Grilled Chicken Wraps Jacket Potato With Filling Of The Day Mixed Salad | Tuna & Sweet corn Barm Jacket Potato With Filling Of The Day Mixed Salad | Chicken Tikka Barm Jacket Potato With Filling Of The Day Mixed Salad | Cheese Salad Subs Jacket Potato With Filling Of The Day Mixed Salad |
| Dessert | Apple & Cinnamon Crumble With Custard Or A Fruit Yoghurt | Strawberry Cheesecake Or A Fruit Yoghurt | Large Soft Cookie Or A Fruit Yoghurt | Chocolate Cake & Custard Or A Fruit Yoghurt | Iced Doughnuts Or A Fruit Yoghurt |



| AMW3 | Monday | Tuesday | Wednesday | Thursday | Meat Free Friday |
|----------|---|--|---|--|--|
| Option 1 | Beef Stir-Fry Noodles | Southern Fried Chicken | Chicken Sausage Roll | Chicken Biryani | Macaroni Cheese |
| Option 2 | Thai Sweet Chilli Noodles | Tomato pasta | Vegetable Sausage Roll | Vegetable Biryani | Fishcakes with Half Jackets |
| Sides | Broccoli Prawn Crackers | Herby Diced Potatoes Corn On The Cob Baked Beans | Cucumber Sticks Potato Wedges Baked Beans | Cucumber, Tomato and Mint Riata | Wholemeal Bread Mixed Vegetables Mango & Sweet Corn Salad |
| Extra's | Cheese Salad Subs Jacket Potato With Filling Of The Day Mixed Salad | Chicken Tikka Barm Jacket Potato With Filling Of The Day Mixed Salad | Cheese Salad Subs Jacket Potato With Filling Of The Day Mixed Salad | Chicken Tikka Barm Jacket Potato With Filling Of The Day Mixed Salad | Tuna & Sweet corn Barm Jacket Potato With Filling Of The Day |
| Dessert | Iced Chocolate Cake Or A Fruit Yoghurt | Sticky Toffee Pudding with Custard Or A Fruit Yoghurt | Trifle Or A Fruit Yoghurt | Ice Cream Or A Fruit Yoghurt | Mini Muffins Or A Fruit Yoghurt |