

# KSD LUNCHES

If your child has special dietary requirements or has any food allergies, please inform  
Mrs de Rozarieux in the School Kitchen  
Tel: 01604 858414, email: [ksdlunches@hotmail.com](mailto:ksdlunches@hotmail.com)

Allergen information for each of the dishes we provide is available to view at  
[www.blisworth.northants.sch.uk](http://www.blisworth.northants.sch.uk) Click on kitchen, then Allergen information this will show a list of  
dishes. Click on a dish to see information of Allergens.

**KSD Lunches policy is that meals must be paid for in advance of meals being taken  
£2.30 per Lunch**

This menu is for viewing only

Please use the ONLINE ENVELOPE or WHITE ENVELOPE provided to indicate  
your daily choices.

## Week 1 beginning 1st November 2021

Training day		Tuesday		Wednesday		Thursday		Bonfire night	
		<b>M</b>		<b>M</b>	<b>V</b>	<b>M</b>	<b>V</b>	<b>M</b>	<b>V</b>
		Vegetarian Cheese & tomato pizza		Roast Chicken	Vegetable fingers	Beef bolognaise	Meatless bolognaise	Bonfire pork sausage	Bonfire Meatless sausage
		Chips		Roast potatoes		Spaghetti		Bonfire mash	
Freshly cooked Jacket Potato with ONE choice of T=tuna H=ham C=cheese O= salmon									
		Chocolate mousse		Flap jack		Fruit platter		Bonfire Choccy apple	

## Week 2 beginning 8<sup>th</sup> November 2021

Monday		Tuesday		Wednesday		Remembrance Day		Children in need	
<b>M</b>	<b>V</b>	<b>M</b>	<b>V</b>	<b>M</b>	<b>V</b>	<b>M</b>	<b>V</b>	<b>M</b>	<b>V</b>
Fish fingers	Vegetable fingers	Beef chilli con carne	Macaroni cheese	Roast Chicken	Meatless burger	Pork balls	Cheese & tomato pasta bake	Chicken burger	Meatless burger
Diced potatoes		Rice & Nachos		Roast potatoes		Pasta & sauce		Chips	
Freshly cooked Jacket Potato with ONE choice of T=tuna H=ham C=cheese O= salmon									
Banana cake		Fruit platter		Rainbow cake		Poppy cake		Pudsey Teddy biscuit	

## Week 3 beginning 15<sup>th</sup> November 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>M</b>		<b>M</b>	<b>V</b>	<b>M</b>	<b>V</b>	<b>M</b>	<b>V</b>	<b>M</b>	<b>V</b>
Vegetarian Cheese & tomato Pizza		Beef Cottage pie	Macaroni cheese	Roast Chicken	Vegetable fingers	Pork Sausage & Yorkshire pudding	Quorn sausage & Yorkshire pudding	Mild Chicken tikka masala	Mild Quorn curry
Chips				Roast potatoes		Mash potatoes		Rice	
Freshly cooked Jacket Potato with ONE choice of T=tuna H=ham C=cheese O=salmon									
Fruit platter		Chocolate cake		Oat crunch		Fruit platter		Chocolate mousse	

### Week 4 beginning 22nd November 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
M	V	M	V	M	V	M	V	M	V
Chicken in bread crumbs	Meatless burgers	All day breakfast	Vegetarian all day breakfast	Beef meatballs	Cheese	Roast Chicken	Vegetable fingers	Fish fingers	Macaroni cheese
Chips		Potato Waffle		Pasta & sauce		Roast potatoes		Mash	
Freshly cooked Jacket Potato with ONE choice of T=tuna H=ham C=cheese O=salmon									
Rainbow cake		Fruit platter		Jelly		Lemon cake		Brownie	

### Week 5 beginning 29th November 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
M	V	M	V	M	V	M		M	V
Chicken	Cheese	Beef bolognaise	Meatless bolognaise	Roast Chicken	Vegetable fingers	Vegetarian cheese & tomato pizza		Pork sausage in a bun	Meatless sausage in a bun
Pasta & sauce		Spaghetti		Roast potatoes		Jacket wedges		Chips	
Freshly cooked Jacket Potato with ONE choice of T=tuna H=ham C=cheese O=salmon									
Fruit platter		Banana cake		Oat crunch biscuit		Chocolate mousse		Fairy cake	

### Week 6 beginning 6<sup>th</sup> December 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
M	V	M	V	M	V	M	V	M	V
All day breakfast	Vegetarian all day breakfast	Beef Chilli con carne	Macaroni cheese	Pork balls	Cheese	Roast Chicken	Meatless burger	Fish fingers	Vegetable fingers
Potato Waffles		Rice & Nachos		Pasta & sauce		Roast potatoes		Diced potatoes	
Freshly cooked Jacket Potato with ONE choice of T=tuna H=ham C=cheese O= salmon									
Fruit platter		Jelly		Lemon cake		Chocolate crunch		Rainbow cake	

### Week 7 beginning 13<sup>th</sup> December 2021

\*No cold sandwich lunch or Jackets available on Christmas dinner day

Monday		Tuesday		Wednesday		Christmas dinner		Friday	
M		M	V	M	V	M	V	M	V
Vegetarian Cheese & tomato pizza		Beef bolognaise	Cheese & tomato pasta bake	Pork sausage roll	Cheese & onion roll	Roast *	Quorn *	Chicken burger	Meatless burger
Potato wedges		Pasta		Chips		Roast potatoes		Diced potatoes	
Freshly cooked Jacket Potato with ONE choice of T=tuna H=ham C=cheese O= salmon									
Christmas ice cream		Ginger biscuit		Christmas doughnut		Christmas biscuit		Christmas fairy cake	

\*No cold sandwich lunch or Jackets available on Christmas dinner day

### **SANDWICH LUNCH**

Sandwiches are available with a choice of filling:

**C= Cheese H= Ham T= Tuna M= Marmite J= Jam O= Salmon**

Sandwiches are served with a choice of **three** accompaniments from the list below.

**CU=Cucumber sticks CA = carrot sticks F=Fruit BS=Bread Sticks Y=Yoghurt D=Dessert of the day.**