



KING EDWARD'S SCHOOL
BIRMINGHAM

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato & basil	Curried lentil & chickpea	Roasted parsnip & thyme	Tomato	Winter vegetable
Meaty Mains	Spaghetti Bolognese & garlic bread	Sweet & sour chicken with noodles	Roast chicken with sage & onion stuffing	Beef lasagne	Chicken zinger burger on a seeded bun
Mains	Veggie meatball with tomato sauce - V	Fish pie - F	Vegetable enchiladas - V	Vegetable madras - V	Crispy battered cod with lemon & tartar sauce - F
Veggie Mains	Roasted vegetable korma - V	Cheese & tomato pizza - V	Quorn cottage pie - V	Mushroom risotto - V	Homemade spicy bean burgers - V
Salads	Range of fresh salads served daily				
Jackets & Pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Jewelled rice Peas & sweetcorn Broccoli	Twister fries Carrot Green beans in a tomato sauce	Tuscan roasted potato Vegetable medley Cauliflower cheese	Herby rice Sweetcorn & peppers Buttered carrots	Chips Peas Baked beans
Hot Sweets	Apple & cinnamon Crumble	Chocolate brownie	Apple & cherry pie	Strawberry sponge	Chocolate crunch



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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato	Leek & potato	Carrot & ginger	Minestrone	Vegetable
Meaty Mains	Cajun chicken fillet	BBQ chicken pizza	Roast turkey & stuffing	Beef & vegetable stew	Hot dogs & fried onions
Mains	Tomato & basil pasta - v	Thai salmon Fish cakes - f	Pepper & mushroom stroganoff with rice - v	Quorn & bean chilli with rice - v	Fish finger sub - f
Veggie Mains	Roast vegetable & filo bake - v	Cheese omelette - v	Vegetable moussaka - v	Macaroni cheese - v	Cheese & tomato pizza bread - v
Salads	Range of fresh salads served daily				
Jackets & Pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Kashmiri rice Broccoli, chilli & garlic Peas	Potato wedges Ratatouille Sweetcorn & peppers	Roast potatoes Mixed vegetables Parsnip	Herby diced potatoes Whole bean & peas Braised red cabbage	Chips Peas Baked beans
Hot Sweets	Apple & pear crumble	Chocolate marble cake with chocolate sauce	Syrup sponge	Lemon & lime tart	Chocolate & toffee concrete



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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato	Mushroom	Sweet potato, chilli & coconut	Tomato & sweet pepper	Vegetable
Meaty Mains	Lamb Rogan josh	Chicken & leek pie	Chicken fajitas	Cottage pie	Chicken zinger burger on a seeded bun
Mains	Pasta carbonara	Salmon fillet & spiced bean salsa - f	Cheese & potato bake - v	Chickpea & lentil tikka masala - v	Crispy battered cod with lemon & tartar sauce - f
Veggie Mains	Vegetable spring roll - v	Vegetable supreme pizza - v	Vegetable fajitas - v	Roasted vegetable frittata - v	Homemade falafel with pitta bread- v Shredded salad Mint yoghurt
Salads	Range of fresh salads served daily				
Jackets & Pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Savoury rice Corn on the cob Mixed vegetables	Potato wedges Broccoli Peas	Mexican rice Sweetcorn Courgettes	Crispy potatoes Broccoli & cauliflower Roasted root vegetables	Chips Peas Baked beans
Hot Sweets	Mixed fruit & oat crumble	Chocolate cake with chocolate sauce	Sticky toffee pudding	Lemon drizzle	Double chocolate concrete