

Summer

Week **02**

# Lunch MENU

School

Kent College, Pembury  
Week commencing 3<sup>rd</sup> July



- Soup** – Carrot and Coriander
- Main** – Beef Stir Fry with Teriyaki Sauce
- Meat Free** – Vegetable Fajitas with Tomato Salsa and Melted Cheese
- Sides** – Egg Noodles, Broccoli
- Lite Bite** – Taco Shells with Spicy Beans or Cajun Chicken
- Dessert** – Chocolate Banana Cake



- Soup** – Mushroom and Tarragon
- Main** – Chicken Katsu Curry with Rice
- Meat Free** – Pasta Arabiatta with Fresh Wholemeal Focaccia
- Sides** – Glazed Carrots, Peas, Sweetcorn
- Lite Bite** – Cheese and Ham Panini with Herb Salad
- Dessert** – Madeira Sponge with Custard



- Soup** – Sweet Potato and Pepper
- Main** – Roast Beef with Yorkshire Pudding, Horseradish Sauce and Gravy
- Meat Free** – Butternut Squash Risotto with Forest Mushrooms
- Sides** – Roast Potatoes, Spring Greens, Swede Puree
- Lite Bite** – Cheese and Tomato Pizza
- Dessert** – Apple and Berry Crumble and Custard



- Soup** – Moroccan Chickpea
- Main** – Cumberland Sausage
- Meat Free** – Feta and 5 Bean Quesadillas
- Sides** – Herbed Mashed Potato, Fine Beans, Roasted Summer Vegetables
- Lite Bite** – Penne Pasta with Soya Bolognaise
- Dessert** – Strawberry Eton Mess



- Soup** – Roast Tomato
- Main** – Battered Cod with Lemon and Tartare Sauce
- Main** – Fishcakes on Pitta and Gem Lettuce
- Meat Free** – Chick Pea Falafel Wrap with Tzatziki and Salad
- Sides** – Skinny Fries, Mushy Peas, Baked Beans
- Lite Bite** – Rice Noodles with Black Bean Beef or Chinese Curried Vegetables
- Dessert** – Warm Honey Flapjack



- Soup** – French Onion with Cheese Croutes
- Main** – Thai Green Chicken with Rice
- Meat Free** – Quorn Sausage Casserole with Red Onions
- Sides** – Stir Fried Vegetables
- Dessert** – Chocolate and Raspberry Pots



- Soup** – Thai Vegetable
- Main** – Roast Turkey with Pigs in Blankets and Cranberry Sauce
- Meat Free** – Vegetable Meatballs with Tomato Pasta
- Sides** – Roast Potatoes, Curly Kale, Roast Parsnips
- Dessert** – Blueberry Sponge Cake with Lemon Cream



Selection of Fresh cold Desserts and freshly baked bread.  
Please ask a member of the catering team if you have any food allergy's.  
Enjoy your lunch



We are award winners!