

ASCEND EATS

KINGSBURY GREEN ACADEMY

FUEL
YOUR
FUTURE

SUMMER MENU CYCLE

FRESH • TASTY • GREAT VALUE

WEEK 1

MONDAY

- ★ Jerk Style Chicken with Coconut Rice
- ★ Macaroni Cheese
- ★ Sweet & Sour Vegetable Noodle Pot

TUESDAY – TACO BAR

- ★ Chilli Beef Soft Taco
- ★ Barbeque Chicken & Black Bean Soft Taco
- ★ Chilli Bean Vegan Soft Taco

TOPPINGS: Salsa, Sour Cream, Lettuce, Onion, Tomatoes

WEDNESDAY

- ★ Roast Turkey served with Roast Potatoes & Gravy
- ★ Roasted Pepper & Basil Frittata with Herbed New Potatoes
- ★ Jollof Rice Pot

THURSDAY – PASTA BAR

- ★ Beef Bolognaise
- ★ Pesto Style Salmon
- ★ Creamy Alfredo Style Sauce with Broccoli & Sweet Pepper

FRIDAY

- ★ Battered Fish with Chips & Tomato Sauce
- ★ Butternut Squash & Chickpea Curry with Bombay Style Potatoes or Rice
- ★ Portuguese Style Lemon & Herb Chicken Pasta Pot

Don't forget dessert!

WEEK 2

MONDAY

- ★ Mexican Beef Style Wrap with Chefs Salad
- ★ Pasta Primavera with Paprika and Garlic Bread
- ★ Thai Style Vegetable Noodle Pot

TUESDAY – CURRY BAR

- ★ Chicken Jalfrezi
- ★ Onion Bhaji with Masoor Style Lentil Dhal
- ★ Sweet Potato & Chickpea Korma

SERVED WITH: Bombay Potato Salad, Kachumber Salad, Pilau Rice / Naan Style Bread

WEDNESDAY

- ★ Roast Chicken served with Mashed Potatoes and Gravy
- ★ Macaroni Cheese with Herb Crumb
- ★ Vegetable Jambalaya Pot

THURSDAY – CHINESE BAR

- ★ Chicken Chow Mein
- ★ Kung Pao Chickpea, Cauliflower & Sweet Pepper with Lemon Rice
- ★ Vegetable Chow Mein

FRIDAY

- ★ Battered Fish with Chips & Tomato Sauce
- ★ Carrot & Chickpea Falafels in a Wholemeal Pitta with Tomato Relish
- ★ Tomato & Basil Pasta Pot

Sweet treats!

WEEK 3

MONDAY

- ★ Barbeque Style Chicken with Vegetable Rice
- ★ Cheese & Chive Pasta with Tomato & Basil Focaccia
- ★ Pasta Marinara Pot

TUESDAY – PIZZA BAR

- ★ Margherita
- ★ Spicy Beef & Mushroom
- ★ Chicken Tikka & Red Onion

SERVED WITH: Garlic & Herb Pasta Side, Chef's Salad, Sautéed Courgettes

WEDNESDAY

- ★ Roast Gammon served with Roast Potatoes and Gravy
- ★ Cheese and Leek Pie with Mashed Potatoes
- ★ Jollof Rice Pot

THURSDAY – MEXICAN BAR

- ★ Chilli Beef Burrito with Salsa, Sour Cream & Re-Fried Beans
- ★ Sweet Pepper & Bean Enchilada with Salsa, Sour Cream & Re-Fried Beans
- ★ Chicken Fajitas with Salsa, Sour Cream & Re-Fried Beans

FRIDAY

- ★ Battered Fish with Chips & Tomato Sauce
- ★ Vegetable Dhansak with Turmeric Rice
- ★ Sweet Chilli Chicken Noodle Pot

Something sweet!



ALLERGEN KEY



EAT WELL • LEARN WELL • ACHIEVE WELL