

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!

Summer

Week **02**

# Supper MENU

School

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



- Soup** – Carrot and Coriander
- Main** – Sweet and Sour Battered Chicken
- Main 2** – Stir fry Mushroom Noodles
- Meat Free** – Spiced Sweet Potato and Cheese Fritters
- Sides** – Prawn Crackers  
Green Beans
- Dessert** – Chocolate Fountain



- Soup** – Mushroom and Tarragon
- Main** – Beef Chilli with Tortilla Crisps and Guacamole
- Main 2** – Sticky Pulled Pork with Pitta Bread and Salad
- Meat Free** – Sweet and Sour Quorn with Crunchy Vegetables and Rice Noodles
- Sides** – Cajun Wedges, Sugar Snap Peas, Sweetcorn
- Dessert** – Forest Fruit Pavlova



- Soup** – Sweet Potato and Pepper
- Main** – Ribs and Wings with BBQ Sauce
- Main 2** – Salmon Linguine with Chives and Cream
- Meat Free** – Vegetable Korma with Poppadum's and Mango Chutney
- Sides** – Vegetable Rice, Sauté Mushrooms
- Dessert** – Orange Bread and Butter Pudding



- Soup** – Moroccan Chickpea
- Main** – Lamb Burgers with Sesame Seed Bun and Salad
- Main 2** – Breaded Fish Goulons with Tartare Sauce
- Meat Free** – Cheese, Onion and Tomato Stromboli
- Sides** – Fried New Potatoes, Runner Beans, Vegetable Goulash
- Dessert** – Apple Tart Tatin with Vanilla Ice Cream



- Soup** – Roast Tomato
- Main** – Chicken and Leek Pie
- Main 2** – Chargrilled Pork with Tomato, Olives and Capers
- Meat Free** – Goats Cheese tart with Tuscany Vegetables
- Sides** – Champ Potato, Cauliflower Fritot, Broccoli
- Dessert** – Chocolate Brownie



- Soup** - French Onion
- Main** – Spaghetti Carbonarra with Fresh Garlic Bread
- Meat Free** – Vegetable and Bean Chilli with Braised Rice
- Sides** – Summer Salad with Herbs, Roasted Summer Vegetables
- Dessert** – Traditional Trifle



- Soup** – Thai Vegetable
- Main** – Beef Shin Cannelloni with Tomatoes and Cheese
- Meat Free** – Asparagus, Pea and Mint Risotto
- Sides** – Rosemary and Garlic Focaccia, Courgette and Samphire Salad
- Dessert** – Lemon Posset



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