

Autumn

Week **01**

# Supper MENU

School

KENT COLLEGE



- Soup** – Moroccan Tomato & Chickpea
- Main** – Meat Feast Pizza
- Main 2** – Beef & Mushroom Black Bean Chow Mein
- Meat Free** - Cheese & Tomato Pizza Topped With Basil
- Sides** – Roasted harissa potato wedges & Big Bowl Salad
- Dessert** – Chocolate Fountain



- Soup** – Cream Of Vegetable
- Main** – Turkey Madras With Mango Chutney
- Main 2** – Gong Bao Chicken
- Meat Free** - Lentil Dahl
- Sides** –popadum, Naan Bread & Cumin Carrots
- Dessert** – Bramley Apple Pie & Custard



- Soup** – Vegetable & Pesto
- Main** – Spicy Beef Taco`s
- Main 2** – Tempura Tofu & Vegetable Stir Fry
- Meat Free** - Roasted Vegetable & Jack Fruit Taco`s
- Sides** – Roasted Herb & Parmesan Potatoes, Steamed Broccoli & prawn crackers
- Dessert** – Syrup Sponge Served With Vanilla Ice Cream



- Soup** – Plum Tomato & Basil
- Main** – Teriyaki & Poppy Seed Salmon
- Main 2** – Beef, Spring Onion & Ginger Stir Fry
- Meat Free** – Black Bean Quorn, Water Chestnut & Mange Tout
- Sides** – Egg Noodles With Sunflower Seeds & Pan Fried Soy Chinese Cabbage & Carrot Ribbons
- Dessert** – Butterscotch Mousse



- Soup** – Parsley & Cauliflower
- Main** – Lamb Moussaka
- Main 2** – Sweet & Sour Pork With Pineapple
- Meat Free** - Macaroni Cheese
- Sides** – Garlic Bread, Prawn Crackers & mixed leaf
- Dessert** – Plum Crumble With Custard



- Soup** – Butternut Squash & Ginger
- Main** – Mexican Chicken Fajitas
- Main 2** – Smokey Chorizo Paella
- Meat Free** – Mexican Vegetable Fajitas
- Sides** – Raw Apple Slaw, Buttered Sweet Corn, Cajun Potato Wedges
- Dessert** – Raspberry Ripple Sponge With Raspberry Sauce



- Soup** – Broccoli & Stilton
- Main** – Slow Roasted Garlic Rosemary Lamb
- Main 2** – Thai Chicken & Vegetable Curry
- Meat Free** – Vegetable & Butterbean Cottage Pie
- Sides** – Crispy Roast Potatoes, Steamed Garden Peas & Swede Mash
- Dessert** – Rice Pudding With Strawberry Jam



Sticky Rice with a selection of sauces

King Edward potatoes with a selection of fillings



We are award winners!

Autumn

Week **02**

# Supper MENU

School

KENT COLLEGE



- Soup** – Sweet Corn & potato Chowder
- Main** – sweet chilli Chicken Stir Fry
- Main 2** – Fill Your Own Jackets
- Meat free**- Tuna Mayo, Cheese & Boston Beans & Coleslaw
- Sides** – Salad, steamed chop suey noodles
- Dessert** – Chocolate Fountain



- Soup** – Minestrone & mixed herb
- Main** – Spicy Beef & Bean Chilli & Sour Cream
- Main 2** – Vegetable Spring Roll with hoi sin sauce
- Meat free**- Leek & Cauliflower Cheese
- Sides** – Corn Chips, prawn crackers & roasted garlic new potatoes
- Dessert** – Pineapple Upside Down Cake with custard



- Soup** – Butternut Squash & Thyme
- Main** – Pork & Leek or Cumberland Sausages with onion chutney
- Main 2** – Chicken & Mushroom Ramen & prawn crackers
- Meat free**- Quorn Sausages
- Sides** – Finger Roll, Fried Onions & Mixed Salad
- Dessert** – Banoffee Pie



- Soup** – cream of parsnip & parsley
- Main** – herb crusted baked hake
- Main 2** – Lemon Chicken with bamboo & spring onion
- Meat free** – Tomato, pepper & Basil Pasta Bake
- Sides** – Garlic Bread, braised rice & Sweetcorn
- Dessert** – Cheddar Cheese & Crackers



- Soup** – cream of pea & chive
- Main** – southern fried Panko chicken
- Main 2** – Slow Cooked Pork Chow Mein
- Meat free** - Homemade Falafel in a warm Pitta Bread & pickled slaw
- Sides** – Sweet Potato Fries & Baked Beans, prawn crackers
- Dessert** – Lemon Meringue Pie



- Soup** – Tomato & Cumin
- Main** – Chicken Shish Kebab
- Main 2** – Crispy Chinese Chilli Beef with sunflower seeds & Bean Sprout
- Meat Free** – Halloumi & Vegetable Kebab
- Sides** – Pitta Bread, Skinny Fries & Green Salad
- Dessert** – Chocolate & Raspberry Mousse



- Soup** – Carrot & Coriander
- Main** – Roast Pork Loin & Crackling With Apple & Herb Sauce Served With Gravy
- Main 2** – Roasted Rosemary & Thyme Chicken Breast
- Meat Free** – Cherry Tomato & Baby Spinach Puffs
- Sides** – Roast Potato & Savoy Cabbage, Crushed Root Vegetable
- Dessert** – Apple & Peach Crumble With Cinnamon Custard



**Sticky Rice with a selection of sauces**

**King Edward potatoes with a selection of fillings**



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Autumn

Week

03

# Supper MENU

School

KENT COLLEGE



**Soup** – Garden Pea & Mint  
**Main** – Gammon & Free Range Fried Egg With Crispy Leeks  
**Main 2** – Hoisin Chicken & Courgette  
**Meat Free** - Butternut Squash, goats cheese & Red Onion Tart  
**Sides** – Sautéed Potatoes, buttered medley vegetables  
**Dessert** – Chocolate Fountain



**Soup** – Creamy Wild Mushroom  
**Main** – Chicken Arrabiata Pasta Bake  
**Main 2** – Teriyaki Salmon With Toasted Sunflower Seed  
**Meat Free** – Roasted Peppers & Tomato Ragu With Garlic & Basil Penne Pasta  
**Sides** – Garlic & Herb Bread, Soy Cabbage & Leeks  
**Dessert** – Plum Crumble With Custard



**Soup** – Chunky Vegetable  
**Main** – Slow Cooked Lamb Biryani With Mango Chutney  
**Main 2** – Crispy Baked Cajun Chicken  
**Meat Free** - Vegetable Biryani With Raita  
**Sides** – Naan Bread, Sea Salted Potato Wedges  
**Dessert** – Lemon Drizzle Cake With Cream



**Soup** – Broccoli & Stilton  
**Main** – Piri Piri Chicken  
**Main 2** – Hoisin Quorn & Vegetable Stir Fry  
**Meat Free** – Courgette & Goats Cheese & Red Onion Tart  
**Sides** – Lyonnaise Potatoes, buttered Sweet Corn  
**Dessert** – Strawberry Cheesecake



**Soup** – Roasted Pepper & Herb  
**Main** – Spaghetti Carbonara With Parmesan  
**Main 2** – Black Bean Chicken & Green Beans  
**Meat Free**- Cheddar & Broccoli Bake  
**Sides** – Garlic Dough Balls, Prawn Crackers, Mixed Salad  
**Dessert** – Orange Cake With Cream



**Soup** – Leek & Potato  
**Main** – Half a Rack of hickory BBQ pork Ribs  
**Main 2** –Korean chicken & slaw in a beetroot bun  
**Meat Free** – BBQ Quorn & pepper kebab  
**Sides** –Cajun Wedges, Sweet Corn  
**Dessert** – Ice Cream Sundae



**Soup** – French Onion  
**Main** – Roast Turkey with Apricot Stuffing  
**Main 2** – Five-spice Roasted Chicken with a sticky soy glaze  
**Meat free** – Italian Bean Potato Cake  
**Sides** – Crispy roast potatoes, Broccoli, buttered carrots  
**Dessert** – Sticky Toffee Pudding with Toffee Sauce



Sticky Rice with a selection of sauces

King Edward potatoes with a selection of fillings



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