

AUTUMN

Week **01**

# Lunch MENU

School

KENT COLLEGE



**Soup** – British Leek, Potato & Chive  
**Main** – Traditional Shepherd’s Pie with Thyme & Red Onion Gravy  
**Meat Free** – Chilli Bean Burritos with Corn Salsa & House Salad  
**Sides** – Honey Roasted Root Vegetables & Steamed Peas  
**Light Bite** – Penne Pasta served with Tomato & Basil Sauce  
**Dessert** – Toffee & Apple Pudding with Toffee Sauce



**Soup** – Carrot & Coriander  
**Main** – Chicken Madras with Naan Bread & Mango Chutneys  
**Meat Free** – Vegetable & Goats Cheese Frittata with Tomato & Red Onion Salad  
**Sides** – Coriander Rice, Pan fried Savoy Cabbage & Bombay Potatoes  
**Light Bite** – Taco served with Spicy Beef Chili  
**Dessert** – Lemon Drizzle Cake with Berry Compote



**Soup** – Butternut Squash & Cumin  
**Main** – Crispy Maple Glazed red tractor Pork Steak  
**Meat Free** – Falafel Burger with Harissa Yoghurt  
**Sides** – Herby Diced Potatoes, Braised Red Cabbage & Sugar Snap Peas  
**Light Bite** – Cheese & Red Onion or Gammon & Cheese Panini  
**Dessert** – Classic Eton Mess



**Soup** – Spiced Red Lentil  
**Main** – Oven Baked Chicken Breast served with Mushroom & Tarragon Sauce  
**Meat Free** – Cauliflower Cheese with a Crunchy Topping  
**Sides** – Spring Onion & Parsley Mash, Spiced Roasted Broccoli & Vichy carrots  
**Light Bite** – Floured Tortilla with Spicy Pulled Pork & Swiss Cheese  
**Dessert** – Apple & Blackberry Crumble with Custard



**Soup** – Creamy Mushroom & Parsley  
**Main** – Panko Breaded Haddock with Homemade Chunky Tartar Sauce  
**Meat Free** – Homemade Strudel with Creamy Leeks, Cheese & Red Onions  
**Sides** – Chunky chips, Minted Garden Peas & Thyme Carrots  
**Light Bite** – Penne Pasta with Basil, Olive & Pancetta Sauce  
**Dessert** – Black Forest Chocolate Brownie



**Soup** – Spiced Tomato, Butter Bean & Basil  
**Main** – Pan Fried Salmon with Leek & Dill Sauce  
**Meat free** – Pea & Mint Risotto  
**Sides** – Roasted Rosemary Potatoes & Green Beans  
**Light bite** – Baked King Edward Potatoes with a selection of Fillings  
**Dessert** – Homemade Raspberry & White Chocolate Muffins



**Soup** – Cauliflower Cheese & Thyme  
**Main** – Chicken & broccoli Pie  
**Meat free** – Halloumi & Field Mushroom Burgers  
**Sides** – Sweet Potato Fries & Medley of Vegetables  
**Light bite** – Baked King Edward Potatoes with a selection of Fillings  
**Dessert** – Fruits of the Forrest Mousse



We are award winners!

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Week **02**

# Lunch MENU

School

KENT COLLEGE



**Soup** – Cream of Tomato & Basil  
**Main** – Cumberland Toad in the Hole with Rich Onion Gravy  
**Meat Free** – Baked Cannelloni with Spinach & Ricotta Cheese with a Sage Butter Sauce  
**Sides** – Carrots with Chives & Roasted Squash  
**Light Bite** – Penne pasta served with chicken Arrabiata  
**Dessert** – Lemon and raspberry cheesecake



**Soup** – Pea & Mint  
**Main** – Braised beef & Ifield mushroom pie with flaky pastry  
**Meat Free** – Roast butternut squash Wellington with Roquefort sauce  
**Sides** – Creamy mash, sugar snap peas & leeks  
**Light Bite** – Grilled flatbread served with pulled pork  
**Dessert** – Rhubarb Crumble Served with Cream



**Soup** – Spinach & Potato  
**Main** – Chargrilled chicken with tomato & basil sauce  
**Meat Free** – Mushroom & leek risotto with rocket and parmesan salad  
**Sides** – Jacket wedges, French beans, Pan Fried Savoy cabbage  
**Light Bite** – Tagliatelle with Creamed Garlic Mushrooms  
**Dessert** – Carrot and cinnamon Cake topped Cream Cheese Frosting



**Soup** – Curried Carrot & Coriander  
**Main** – Slow Cooked Lamb & Mushroom Biryani  
**Meat Free** – Potato Gnocchi with wilted Spinach & Parmesan cheese  
**Sides** – Braised Rice, Roasted Aubergine & courgettes, Naan Bread  
**Light Bite** – cheddar Cheese & Spring Onion or Ham & Cheese Panini  
**Dessert** – Banoffee Pie



**Soup** – Caramelised French onion  
**Main** – Breaded cod Fillet with homemade chunky tartar sauce  
**Meat Free** – Butternut Squash & Red Onion Tart  
**Sides** – Chunky chips, Mushy peas & ratatouille  
**Light Bite** – Fusilli pasta served with bacon, Courgette in a Creamy Cheese Sauce  
**Dessert** – Tiramisu



**Soup** – Broccoli & Stilton  
**Main** – Beef Burger in a brioche roll with Baby Gem & Beef Tomato  
**Meat free** – Sundried tomato and basil Pasta Topped with Mozzarella  
**Sides** – Rosemary potatoes, Mediterranean vegetables  
**Light bite** – Baked King Edward potatoes with a selection of fillings  
**Dessert** – Traditional Fruity trifle



**Soup** – Cream of Vegetable  
**Main** – Honey and mustard glazed gammon  
**Meat free** – Mac n Cheese with Homemade Garlic Bread  
**Sides** – Crispy roast potatoes, braised cabbage & roasted root vegetables  
**Light bite** – Baked King Edward potatoes with a selection of fillings  
**Dessert** – Creamy Rice Pudding with Fruit Compote



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Week **03**

# Lunch MENU

School

KENT COLLEGE



**Soup** – Chestnut Mushrooms & Tarragon  
**Main** – Grilled Chicken With Tangy BBQ Sauce  
**Meat Free** – Baked Vegetable Enchilada With Sour Cream  
**Sides** – Spicy Wedges, Steamed Peas & Pan Fried Leeks & Green Beans  
**Light Bite** – Grilled Flatbread Served With Pork In Grain Mustard Sauce  
**Dessert** – Glazed Lemon Tart



**Soup** – Puy Lentil, Spinach & Thyme  
**Main** – Traditional Lamb Moussaka  
**Meat Free** – Piri Piri Vegetable Kebabs With Grilled Seasoned Vegetables, Mint Yoghurt  
**Sides** – Harrissa Pea Cous Cous, Braised Red Cabbage & Buttered Green Bean  
**Light Bite** – Penne Pasta With A Creamy Mushroom Sauce  
**Dessert** – Ginger & Date Sponge Cake With Vanilla Sauce



**Soup** – Sweetcorn Chowder  
**Main** – Roast Pork Loin With Apple Compote & Sage & Onion Stuffing  
**Meat Free** – Cheesy Bean Burger, Onion Rings, Lettuce, Tomato And BBQ Sauce  
**Sides** – Crispy Roast Potatoes, Steamed Broccoli, Lemon Carrots  
**Light Bite** – Cajun Vegetables Bruschetta  
**Dessert** – Strawberry Mousse With Homemade Shortbread



**Soup** – Carrot & Coriander  
**Main** – Lamb Meatballs With Arrabiata Tomato Sauce  
**Meat Free** – Lentil, Feta & Mediterranean Vegetable Bake  
**Sides** – Garlic & Basil Spaghetti, Sweet Potato Fries, Red Onion Focaccia  
**Light Bite** – Egg Fried Rice With Hoi Sin Pulled Beef Stir Fry  
**Dessert** – Passion Fruit Cheesecake



**Soup** – Parsnip & Cumin  
**Main** – Cod Fishcakes With Chunky Homemade Tartar Sauce Or Fish Finger Warps  
**Meat Free** – Vegetable Chili Con Carne With Fluffy Rice  
**Sides** – Chunky Chips, Minted Peas, Roast Squash  
**Light Bite** – Penne Pasta With Tomato & Roasted Garlic Sauce  
**Dessert** – Orange Sponge Cake With Honey Cream



**Soup** – Traditional Minestrone  
**Main** – Thai chicken skewers with Thai green coconut sauce  
**Meat free** – Sweet & Sour Quorn & Pepper with Prawn Crackers  
**Sides** – Egg Noodles, Pan Fried Pak Choi with soy sauce dressing, stir fried vegetable  
**Light bite** – King Edward potatoes with a selection of fillings  
**Dessert** – Chocolate chip bread and butter pudding



**Soup** – Potato, Onion & Herb  
**Main** – Roast chicken breast wrapped in crispy pancetta  
**Meat free** – Moroccan vegetable & Chickpea stew  
**Sides** – Roasted New potatoes, honey roast parsnips & buttered leeks  
**Light bite** – King Edward potatoes with a selection of fillings  
**Dessert** – Homemade Sticky Toffee Pudding with Toffee Sauces



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