

RED KITE MENU SEPTEMBER 2026 WEEK 3

14TH September – 5th October – 16th November – 7th December 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Chicken salad wraps with Saute Potatoes & Sweetcorn Cobette <i>(Gluten Free Available)</i> Gluten, Wheat	Pasta Carbonara with Garlic Bread & Broccoli <i>(Gluten Free Available)</i> Gluten, Wheat, Milk & Soya <i>(contains Garlic)</i>	Roast Gammon, Sage & Onion Stuffing, Roast Potatoes, Yorkshire Pudding, Carrots, Cauliflower & Gravy <i>(Gluten free available)</i> Gluten, Wheat, Egg, Milk, Sulphites	Chicken Korma with Braised Rice, Peas & Naan Bread <i>(Gluten Free Available)</i> Gluten, Milk <i>(contains garlic & ginger)</i>	Breaded Fish Fillet Oven Chips Peas or Baked Beans <i>(gluten free available)</i> Gluten, Wheat, Fish
VEGETARIAN MEAL	Vegetarian Fingers, Saute Potatoes & Baked Beans Gluten, Wheat, Egg	Double Cheese Loaded Potato Skins with Baked Beans <i>(Gluten Free)</i> Milk	Quorn Vegan Fillet with Roast Potatoes, Yorkshire Pudding, Stuffing, Carrots, Cauliflower & Gravy Wheat, Gluten, Milk, Egg, Sulphites <i>(Contains Pea Fibre)</i>	Roasted Vegetable Lasagne with Garlic Bread & Sweetcorn <i>(Gluten Free Available)</i> Gluten, Wheat, Egg, Celery, Milk	Cheese & Tomato Pizza Slice Oven Chips Peas or Baked Beans <i>(Gluten Free Option Available)</i> Wheat, Gluten, Milk, Soya, Celery <i>(contains Garlic)</i>
PICNIC LUNCH	Brown Sandwich – Wheat, Gluten Tortilla Wrap – Gluten, Wheat Gluten Free Bread Available – Egg Fillings Ham – no allergens Cheese – Milk Tuna Mayo – Fish, Egg Egg Mayo – Egg Saute Potatoes – Gluten, Wheat Vegetable Sticks – no allergens Any Dessert (as below)	Brown Sandwich – Wheat, Gluten Tortilla Wrap – Gluten, Wheat Gluten Free Bread Available – Egg Fillings Ham – no allergens Cheese – Milk Tuna Mayo – Fish, Egg Egg Mayo – Egg Mini Cheese Pizza – Gluten & Milk Vegetable Sticks – no allergens Any Dessert (as below)	Brown Sandwich – Gluten, Wheat Tortilla Wrap – Gluten, Wheat Gluten Free Bread Available – Egg Fillings Ham – no allergens Cheese – Milk Tuna Mayo – Fish, Egg Egg Mayo – Egg Mini Roast Potatoes – Sulphites Vegetable Sticks – no allergens Any Dessert (as below)	Brown Sandwich – Gluten, Wheat Tortilla Wrap – Gluten, Wheat Gluten Free Bread Available – Egg Fillings Ham – no allergens Cheese – Milk Tuna Mayo – Fish, Egg Egg Mayo – Egg Animal Adventures – No Allergens Vegetable Sticks – no allergens Any Dessert (as below)	Brown Sandwich – Gluten, Wheat Tortilla Wrap – Gluten, Wheat Gluten Free Bread Available – Egg Fillings Ham – no allergens Cheese – Milk Tuna Mayo – Fish, Egg Egg Mayo – Egg Oven Chips – no allergens Vegetable Sticks – no allergens Any Dessert (as below)
Dessert Choice	Lemon & White Chocolate Sponge & Custard – Wheat, Gluten, Milk, Egg, Soya Yoghurt Pot – Milk Jelly Pot – no allergens Fresh Fruit Pot – no allergens Vanilla Cookie – Gluten, Wheat Vanilla Ice Cream – Milk	Strawberry Trifle – Wheat, Gluten, Egg, Milk Butterscotch Mousse – Milk Jelly Pot – no allergens Fresh Fruit Pot – no allergens Chocolate School Cake – Gluten, Wheat, Egg, Milk, Soya Vanilla Ice Cream – Milk	Apple Crumble & Custard – Gluten, Wheat, Oats, Milk, Barley Chocolate Mousse – Milk Jelly Pot – no allergens Fresh Fruit Pot – no allergens Vanilla Lemon Cupcakes – Gluten, Wheat, Egg Vanilla Ice Cream – Milk	Toffee Cheesecake – Wheat, Gluten, Milk Yoghurt Pot – Milk Jelly Pot – no allergens Fresh Fruit Pot – no allergens Oreo Cookies – Gluten, Wheat, Soya, Milk Vanilla Ice Cream – Milk	Jam Roly Poly & Custard – Wheat, Gluten, Egg, Milk Banana Mousse – Milk Jelly Pot – no allergens Fresh Fruit Pot – no allergens Fairy Cakes with Buttercream – Gluten, Wheat, Egg, Milk, Soya Vanilla Ice Cream – Milk
JACKET POTATO	Jacket Potato with a choice of 2 Toppings & House Salad Grated Cheese – Milk Baked Beans – no allergens Tuna Mayo – Fish, Egg Ham – no allergens Homemade Coleslaw – Egg Any Dessert (as above) Gluten free	Jacket Potato with a choice of 2 Toppings & House Salad Grated Cheese – Milk Baked Beans – no allergens Tuna Mayo – Fish, Egg Ham – no allergens Homemade Coleslaw – Egg Any Dessert (as above) Gluten Free	Jacket Potato with a choice of 2 Toppings & House Salad Grated Cheese – Milk Baked Beans – no allergens Tuna Mayo – Fish, Egg Ham – no allergens Homemade Coleslaw – Egg Any Dessert (as above) Gluten free	Jacket Potato with a choice of 2 Toppings & House Salad Grated Cheese – Milk Baked Beans – no allergens Tuna Mayo – Fish, Egg Ham – no allergens Homemade Coleslaw – Egg Any Dessert (as above) Gluten free	Jacket Potato with a choice of 2 Toppings & House Salad Grated Cheese – Milk Baked Beans – no allergens Tuna Mayo – Fish, Egg Ham – no allergens Homemade Coleslaw – Egg Any Dessert (as above) Gluten Free