

Primary School Menu

Timetables should be used for menu inspiration only.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club Options	Choice of healthy cereals and fruit platters. Toast, Kara's English Muffins & High Fibre Bun.	Choice of healthy cereals and fruit platters. Toast, Kara's English Muffins & Floured Baps.	Choice of healthy cereals and fruit platters. Toast, Kara's English Muffins & Floured Baps.	Choice of healthy cereals and fruit platters. Toast, Kara's English Muffins & Floured Baps.	Choice of healthy cereals and fruit platters. Toast, Kara's English Muffins & Floured Baps.
Lunch Option 1	Italian style lamb bolognese served with spaghetti and a freshly prepared slice of garlic bread.	Chicken & veg pasty served baked beans & cucumber sticks.	Breaded fish served with Kara's Floured Bap, wedges/pasta and peas.	Lasagne served with focaccia bread and salad.	Roast turkey, stuffing & gravy served with Genius Gluten Free Seeded Roll or roast potatoes & seasonal veg.
Lunch Option 2	Aromatic chickpea dahl served with rice and a freshly prepared slice of garlic bread.	Cheese & onion pasty served baked beans & cucumber sticks.	Veggie nuggets served with Kara's Floured Bap, wedges/pasta and peas.	Veggie lasagne served with focaccia bread and salad.	Roast veg & potato bake served with Genius Gluten Free Seeded Roll or roast potatoes & seasonal veg.
Lunch Cold Choice	Freshly made sandwiches on Kara's High Fibre Bun, served with mixed salad and half a piece of fruit.	Freshly made sandwiches on Kara's MK4 Floured Bap, served with mixed salad and half a piece of fruit.	Freshly made sandwiches on Genius Gluten Free Seeded Roll, served with mixed salad and half a piece of fruit.	Freshly made sandwiches on Kara's High Fibre Bun, served with mixed salad and half a piece of fruit.	Freshly made sandwiches on Kara's Half & Half Bread, served with mixed salad and half a piece of fruit.
Pudding	Krispie cakes.	Vanilla shortbread.	Cookie.	Swirly jam sponge (& custard).	Marble sponge (& custard).
After School Club	Make your own mini pizzas with a variety of toppings. Served with sliced peppers and carrot sticks. Jam doughly poly.	Make your own sandwiches served with a choice of fillings. Sugar free jelly with ice cream.	Fish fingers served with bread & butter and tuna pasta. Yoghurts & berries.	Beans, veggie sausages with bread or cheese on toast. Fresh fruit platters.	Make your own sandwiches served with a choice of fillings. Fresh fruit platters.

Use Kara's Doughballs or Baguettes to create easy garlic bread

Create using Kara's Doughballs, see our recipe card online

Create using Kara's Doughballs, see our recipe card online

Primary School Menu

Week 2

Timetables should be used for menu inspiration only.

Kids can create their own toppings and make it fun

Create using Kara's Doughballs, see our recipe card online

Genius Seeded Rolls are seeded for extra nutritional benefits

Turn your leftover bread into breadcrumbs and top your pasta bake for extra crunch

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Lunch Option 1	Cheese & tomato pinwheels served with wedges, peas & sweetcorn.	Spaghetti bolognese served with focaccia bread and broccoli.	Baked sausages served with Fletchers' bread or creamed potatoes, baked beans & sweetcorn.	Pizza created from Kara's Bap, served with pasta, peas and sweetcorn.	Roast pork and gravy served with Genius Gluten Free Seeded Roll or roast potatoes & seasonal veg.
Lunch Option 2	Tuna & sweetcorn pasta bake served with wedges, peas & sweetcorn.	Veggie bolognese served with focaccia bread and broccoli.	Veggie sausages served with Fletchers' bread or creamed potatoes, baked beans & sweetcorn.	Roast veg pasta bake served with peas and sweetcorn.	Mustardy veggie sausage bake served with Genius Gluten Free Seeded Roll or roast potatoes & seasonal veg.
Lunch Cold Choice	Freshly made sandwiches on Kara's High Fibre Bun, served with mixed salad and half a piece of fruit.	Freshly made sandwiches on Kara's MK4 Floured Baps, served with mixed salad and half a piece of fruit.	Freshly made sandwiches on Genius Gluten Free Seeded Roll, served with mixed salad and half a piece of fruit.	Freshly made sandwiches on Kara's High Fibre Bun, served with mixed salad and half a piece of fruit.	Freshly made sandwiches on Kara's Half & Half Bread, served with mixed salad and half a piece of fruit.
Pudding	Krispie cakes.	Vanilla shortbread.	Cookie.	Chocolate brownie.	Marble sponge (& custard).
After School Club	Make your own mini pizzas with a variety of toppings. Served with sliced peppers and carrot sticks.	Make your own sandwiches served with a choice of fillings.	Fish fingers served with bread & butter and tuna pasta.	Beans, veggie sausages with bread or cheese on toast.	Make your own sandwiches served with a choice of fillings.

Primary School Menu

Week 3

Timetables should be used for menu inspiration only.

Make this homemade by creating your own breadcrumbs with Kara bread

Create using Kara's Doughballs, see our recipe card online

All of Kara's bread meets FSA school salt guidelines

Create using Kara's Doughballs, see our recipe card online

[View](#) all Kara's products and recipes for Education online.

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Club Options

Choice of healthy cereals and fruit platters.
Toast, Kara's English Muffins & High Fibre Bun.

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Toast, Kara's English Muffins & Floured Baps.

Lunch Option 1

Cheesy pasta served with garlic flatbread and mixed veg.

Burger in Kara's MK4 Floured Bap served with mixed salad & wedges.

Turkey, mushroom & broccoli gratin served with seasonal broccoli and sweetcorn.

Fish fingers served with Kara's High Fibre Bun or chips, bakes beans & peas.

Roast gammon & gravy served with Genius Gluten Free Seeded Roll or roast potatoes & seasonal veg.

Lunch Option 2

Tomato pasta served with garlic flatbread and mixed veg.

Spicy bean burger in Kara's MK4 Floured Bap served with mixed salad & wedges.

Mushroom & broccoli gratin served with seasonal broccoli and sweetcorn.

Veggie nuggets served with Kara's High Fibre Bun or chips, baked beans & peas.

Cauliflower & broccoli bake served with Genius Gluten Free Seeded Roll or roast potatoes & seasonal veg.

Lunch Cold Choice

Freshly made sandwiches on Kara's High Fibre Bun, served with mixed salad and half a piece of fruit.

Freshly made sandwiches on Kara's MK4 Floured Bap, served with mixed salad and half a piece of fruit.

Freshly made sandwiches on Genius Gluten Free Seeded Roll, served with mixed salad and half a piece of fruit.

Freshly made sandwiches on Kara's High Fibre Bun, served with mixed salad and half a piece of fruit.

Freshly made sandwiches on Kara's Half & Half Bread, served with mixed salad and half a piece of fruit.

Pudding

Krispie cakes.

Vanilla shortbread.

Cookie.

Swirly jam sponge (& custard).

Marble sponge (& custard).

After School Club

Make your own mini pizzas with a variety of toppings. Served with sliced peppers and carrot sticks.
Jam doughly poly.

Make your own sandwiches served with a choice of fillings.
Sugar free jelly with ice cream.

Fish fingers served with bread & butter and tuna pasta.
Yoghurts & berries.

Beans, veggie sausages with bread or cheese on toast.
Fresh fruit platters.

Make your own sandwiches served with a choice of fillings.
Fresh fruit platters.



Primary School Menu

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club Options					
Lunch Option 1					
Lunch Option 2					
Lunch Cold Choice					
Pudding					
After School Club					

Secondary School Menu

Week 1

Timetables should be used for menu inspiration only.

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch
Meal of the day

Pizza quesadillas served with guacamole and salsa.

Chicken korma, rice and flatbread.

Lamb bolognese served with spaghetti and garlic bread, made using Kara's Doughballs.

Roast of the week served with seasonal veg.

Fish burger served on Kara's Floured Baps.

Lunch
Veggie Dish

Veggie chilli served with jacket potato and flatbread.

Veggie korma, rice and flatbread.

Veggie lasagne served with freshly baked garlic bread, made using Kara's Doughballs.

Cheese & tomato quiche served with salad or baked beans and spicy wedges.

Veggie falafel burger, served on Kara's Floured Baps.

Lunch
Hot Deli

Pizza of the day.
Spicy wedges.
Spicy bean burger served on Kara's Brioche Style Bun.
Paprika chicken burger served on Kara's Brioche Style Bun.
Hot tikka or tandoori served on Kara's Baguettes.

Pizza of the day.
Spicy wedges.
Chicken burger served on Kara's Brioche Style Bun.
Fish burger served on Genius Gluten Free Roll.
Soup of the day served with Genius Individually Wrapped Roll.

Pizza of the day.
Curly fries.
Veggie Indian style burger on Kara's Brioche Style Bun.
Cheese burger served on Kara's Premium Floured Bap.
Cheese & tomato pasta.

Pizza of the day.
Spicy wedges.
Hot beef and onion sandwich served on Kara's MK5 Floured Bap with warm gravy.
Loaded turkey and cheese served on Kara's Panini Baguette.

Pizza of the day.
Spicy wedges.
Katsu burger served on Kara's Brioche Style Bun.
Sweet chilli chicken burger served on Kara's Brioche Style Bun.
Soup of the day served with Genius Individually Wrapped Roll.

Lunch
Pudding

Assorted cakes, biscuits, jelly, Kara's Doughnuts and Tulip Muffins.

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Assorted cakes, biscuits, jelly, Kara's Doughnuts and Tulip Muffins.

Kara's Doughballs can help make your menus go further

Serve pizza of the day using Kara's Doughballs

Kara's Muffins & Doughnuts meet FSA salt guidelines

Our buns are accredited by the vegan society allowing for them to be used on both meat and meat free menus



Secondary School Menu

Week 2

Timetables should be used for menu inspiration only.

Turn leftover bread into crumbs and use in this dish for an extra crunch

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch Meal of the day

Spicy lamb enchiladas served with garlic doughballs, made using Kara's Doughballs, and salad.

Chicken balti served with rice and flatbread, made using Kara's Doughballs.

Beef lasagne served with freshly baked garlic bread, made using Kara's Doughballs.

Roast of the week served with seasonal veg.

Turkey, mushroom & broccoli gratin served with seasonal broccoli and sweetcorn.

Lunch Veggie Dish

Veggie chilli served with jacket potato and garlic doughballs, made using Kara's Doughballs.

Veggie balti, served with rice and flatbread, made using Kara Doughballs.

Veggie lasagne served with freshly baked garlic bread, made using Kara's Doughballs.

Macaroni and cheese served with seasonal veg.

Mushroom & broccoli gratin served with seasonal broccoli and sweetcorn.

Lunch Hot Deli

Pizza of the day.
Curly fries.
Monte Cristo sandwich served on Kara's Bloomer Breads.
Italian meatballs or tangy tomato pasta.
Miso salmon or chicken burger served on Kara's Brioche Style Buns.

Pizza of the day.
Curly fries.
Chicken goujons with salad served on Kara's Classic Deli Roll or Baguette.
Soup of the day served with Genius Individually Wrapped Roll.

Pizza of the day.
Curly fries.
Sweet chilli chicken burger served on Kara's Brioche Style Bun.
Cheese burger served on Kara's Premium Floured Bap.
Genius Gluten Free Rolls with curried chickpea filling.

Pizza of the day.
Curly fries.
Cheese burger served on Kara's Premium Floured Bap.
Roast dinner sandwich served on Kara's Floured Bap.
Genius Gluten Free Rolls with curried chickpea filling.

Pizza of the day.
Curly fries.
Maple chicken glazed sandwich served on Fletchers' bread.
BBQ pineapple burger served on Kara's Brioche Style Buns.
Soup of the day served with Genius Individually Wrapped Roll.

Serve pizza of the day using Kara's Doughballs

Lunch Pudding

Assorted cakes, biscuits, jelly, Kara's Doughnuts and Tulip Muffins.

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See our recipe guide online

Our individually wrapped products help avoid cross contamination

Secondary School Menu

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Monday

Tuesday

Wednesday

Thursday

Friday

**Lunch
Meal of the day**

Beef enchiladas served with salad, coleslaw and garlic flatbread, made using Kara's Doughballs.

Spicy sausage bolognese served with salad and garlic doughballs, made using Kara's Doughballs.

Cottage pie served with seasonal veg.

Roast of the week served with seasonal veg.

Sweet & Sour pork served with rice and salad.

**Lunch
Veggie Dish**

Veggie enchiladas served with salad, coleslaw and garlic flatbread, made using Kara's Doughballs.

Veggie sausage bolognese served with salad and garlic doughballs, made using Kara's Doughballs.

Red onion quiche served with wedges, baked beans and salad.

Vegetable pie served with seasonal veg and gravy.

Homemade sweetcorn and pepper fritters served with wedges and salad.

**Lunch
Hot Deli**

Pizza of the day.
Spicy wedges.
Spicy bean burger served on Kara's Brioche Style Bun.
Mexican meatball or spicy tomato pasta.
Hot tikka or tandoori baguettes.

Pizza of the day.
Spicy wedges.
Warm Italian meatballs served on Kara's Baguettes with melted mozzarella.
Avocado and halloumi served on Kara's Baguettes.
Soup of the day served with Genius Individually Wrapped Roll.

Pizza of the day.
Spicy wedges.
Pulled pork sandwich served on Kara's Floured Bap.
Quorn burger served on Kara's Floured Bap.
4 cheese panini.

Pizza of the day.
Spicy wedges.
Cheese & onion pasty created using Kara's Doughballs.
Loaded turkey and cheese served on Kara's Panini Baguette.

Pizza of the day.
Spicy wedges.
Stuff crust twists using Kara's Doughballs.
Mexican bean burgers on Genius Seeded Buns.
Soup of the day served with Genius Individually Wrapped Roll.

**Lunch
Pudding**

Assorted cakes, biscuits, jelly, Kara's Doughnuts and Tulip Muffins.

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Serve pizza of the day using Kara's Doughballs

Cater to all dietary requirements with Kara

Kara's products are suitable for vegans, which allows them to be used on both meat and meat free menus



Secondary School Menu

Timetables should be used for menu inspiration only.

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch
Meal of the day

Lunch
Veggie Dish

Lunch
Hot Deli

Lunch
Pudding