

# KHS LUNCH MENU SUMMER TERM WEEK 3

## Served on weeks commencing 12/05 and 16/06

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>OPTION 1</b>	Chicken with sweet & sour sauce	Roasted vegetable Bolognese	Five bean chilli sin carne	Mushroom & spinach pasta carbonara	Fish goujons & tartare sauce
<b>Allergens</b>	SD,C,S,G,GFA	SD,C,G,M,GFA,DFA,VEA	SD,C,S	G,M,SD,MT	F,G,SD,E,GFA
<b>OPTION 2</b>	Pasta with tomato & basil sauce	Beef ragout Bolognese	Roasted squash, harissa & feta cheese	Chicken & pork chorizo paella	Hotdog with caramelised onions
<b>Allergens</b>	SD,C,G,M,GFA,DFA,VEA	SD,C,G,M,GFA,DFA	SD,C,M,DFA,VEA	SD,C,M,DFA	SD,G,GFA
<b>OPTION 3</b>	Bake tofu & vegetables Kung Pao	Olive oil spring vegetable & pearl barley with focaccia bread	Thai stir-fry vegetables, noodles	Vegetable paella	Vegetarian hotdog with spicy salsa
<b>Allergens</b>	SD,C,S,G,GFA	SD,C,G,M,DFA,GFA	SD,S,G,GFA	SD,C,M,S,DFA	SD,G,M,E,S,GFA,DFA,VEA
<b>ACCOMPANIMENTS</b>	Egg fried rice, peas, prawn crackers	Garlic bread, pasta, roasted potatoes & vegetables	Vegetable rice, sweetcorn, tortillas, sour cream	Patatas bravas, tomato salsa	Chips, baked beans
<b>Allergens</b>	SD,CR,C,E	SD,G,GFA	SD,C,M,DFA	SD,C	FREE
<b>DESSERT</b>	Apple & fruit of the forest crumble with custard	Lemon meringue cheesecake	Iced raspberry cake	Chocolate crispy	Selection of cakes
<b>Allergens</b>	G,M,GFA,DFA,VEA	G, M, E, SD	G,M,E,GFA,DFA,VEA	G,M,S,GFA,DFA,VEA	G,M,E,S,SD,DFA,GFA, VEA

Most days we also offer a baguette selection, jacket potato, salad bar, fresh fruit, yoghurt and vegetarian jelly.

Despite all reasonable care, we cannot guarantee that ingredients and pre-prepared food have been produced in a completely nut and/or allergen free environment. Should you have any questions concerning the above, please speak to our team about the ingredients in your meal.

**Allergens:** C = Celery, G = Cereals with gluten, CR = Crustaceans, E = Eggs, F = Fish, L = Lupin, M = Milk, Mo = Molluscs, MT = Mustard, N = All Nuts, P = Peanuts, SS = Sesame Seeds, S = Soya, SD = Sulphur Dioxide, GF = Gluten Free, DF = Dairy Free, GFA = Gluten Free Available, DFA = Dairy Free Available, VEA = Vegan Option Available