



KHS - DAY MENU LENT TERM W/C 11 MARCH 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|---|---|---|--|---|
| OPTION 1 | Grilled caprese quesadillas & bean salsa | Swedish style quorn balls | Beef spaghetti Bolognese | Spinach & mushroom pasta carbonara | Fish goujons & tartare sauce |
| Allergens | SD,C,G,M | SD,C,G,M,MT,DFA | SD,C,G,M,GFA,DFA | G,M,MT,SD | F,G,SD,E,GFA |
| OPTION 2 | Baked Tuscan chicken | Swedish-style pork meatballs | Bubble & squeak risotto | Pea, leek & cheese tart | Vegetable pakoras with coconut dhal curry sauce |
| Allergens | SD,C,M,DFA | SD,C,M,MT,DFA | SD,C,M,DFA,VEA | G,M,E,GFA | SD,C,MT,G |
| OPTION 3 | Penne pasta with basil & tomato sauce | Red pesto & cherry tomato pasta | Roasted vegetable spaghetti Bolognese | Roast chicken, stuffing & thyme sauce | BBQ pulled pork burger with slaw |
| Allergens | SD,C,G,M,GFA,DFA, VEA | G,M,GFA | SD,C,S,G,M,GFA,DFA | SD,C,G,GFA | SD,C,G,MT,E,GFA |
| ACCOMPANIMENTS | Oven-baked rice & vegetables | Mashed potato, peas, cranberry sauce | Garlic bread, tossed salad, mixed vegetables | Roast potatoes & vegetables | Chips, baked beans |
| Allergens | SD,C | M,DFA | SD,G,GFA | SD | FREE |
| DESSERT | Apple & pear crumble with custard | Biscoff & salted caramel cheesecake | Coconut & mango cake with custard | Chocolate cake & chocolate sauce | Selection of cakes |
| Allergens | G,M,GFA,DFA,VEA | G,M,S,GFA,DFA,VEA | G,M,E,SD | G,M,E,S | 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