



King's High School Lunch Menu SUMMER Term Week 1

Served on weeks commencing 13/04, 11/05, 15/06

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Pasta with Tomato & Basil Sauce	Jerk Squash & Bean Tacos	Vegetarian Balls with Tomato Sauce	Roast Lamb, Cranberry Stuffing & Rosemary Sauce	Fish goujons & tartare sauce
Allergens	SD,G,M,GFA,DFA,VEA	SD,G,M,GFDA,DFA,VEA	G,M,SD,GFA,DFA,VEA	SD,G,GFA	F,SD,E,GFA
OPTION 2	Chicken Teriyaki	Beef Birria Tacos	Asparagus & Parmesan Tart	Glamorgan Sausage with Onion & Chilli Chutney	Beetroot & Feta Cheese Burger
Allergens	SD,S,G,GFA	SD,G,M,GFA,DFA	G,E,M,GFA	G,M,SD,MT,E,S,DFA	SD,G,M,E,S,GFA,DFA
OPTION 3	Vegetable Massaman Curry	Spinach & Mushroom Carbonnara	Pork Meatballs with Marinara Sauce	Spaghetti with Tomato & Olive Sauce	Crispy Buffalo Chicken Burger
Allergens	SD,S	SD,MT,G,M,GFA	SD,G,M,GFA,DFA	SD,G,M,GFA,DFA,VEA	SD,G,M,GFA,DFA
ACCOMPANIMENTS	Noodles, Spring Greens	Smoked Paprika Rice, Sweetcorn, Bean Salsa	Pasta, Garlic Bread, Vegetables	Roast New Potatoes , Mixed Vegetables	Chips, baked beans
Allergens	G,GFA	SD	G,GFA	SD	FREE
DESSERT	Apple & Blackberry Crumble with Custard	Mango & Passion Fruit Eton Mess	Salted Caramel Pear Cake	Homemade Shortbread	Selection of cakes or Ice Cream
Allergens	G,M,GFA,DFA,VEA	M,E,SD,DFA,VEA	G,M,E,SD,GFA,DFA,VEA	G,M,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