

# King's High School Lunch Menu Summer Term Week 3

## Served on weeks commencing 27/04, 01/06, 29/06

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>OPTION 1</b>	Pasta with Tomato & Olive Sauce	Goat Cheese & Caramelized Onion Tart	Potato & Vegetables Cake with Boiled Egg and White Sauce	Pasta with Tomato & Basil Sauce	Fish goujons & tartare sauce
<b>Allergens</b>	SD,G,M,GFA,DFA,VEA	SD,G,M,E,GFA	SD,G,M,E,MT	SD,G,M,GFA,DFA,VEA	F,SD,E,GFA
<b>OPTION 2</b>	Creamy Tuscan Chicken	Roasted Vegetables Lasagne	Roasted Squash Hasselback, Harissa & Feta Cheese	Chicken & Pork Chorizo Paella	Vegetable Spring with Stir-Fry vegetables
<b>Allergens</b>	SD,M,DFA	SD,G,M,MT,GFA,DFA,VEA	SD,M,DFA	SD,M,DFA	G,S,SD,GFA,VEA
<b>OPTION 3</b>	Vegan Mushroom Masala	Beef Lasagne	Hearty Vegetarian Spaghetti Bolognese	Vegetarian Paella	Chicken Souvlaki Pita & Tzatziki Sauce
<b>Allergens</b>	SD,C,MT	SD,G,M,MT,GFA,DFA	SD,G,M,GFA,DFA	SD,M,S,DFA	SD,G,M,GFA,DFA
<b>ACCOMPANIMENTS</b>	Summer Vegetables & Rice	Garlic Bread, Vegetables	Garlic Potato Salad, Caesar Salad	Patatas Bravas, Pippirana Salad	Chips, baked beans
<b>Allergens</b>	SD	SD,G,GFA	SD,E,G,M,MT	SD	FREE
<b>DESSERT</b>	Apple & raspberry crumble with custard	Banoffee Pie	Lemon Drizzle Cake	Chocolate, Mango & Ginger Rocky Road	Selection of cakes
<b>Allergens</b>	G,M,GFA,DFA,VEA	G,M,S,GFA,DFA,VEA	G,M,E,SD	G,M,SD,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**