

# King's High School Lunch Menu Lent Term Week 1

## Served on weeks commencing 05.01, 09.03, 02.02

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>OPTION 1</b>	Vegetables Korma	Beef spaghetti Bolognese	Lentil, Mushroom & Potato Hotpot	Bacon & mushroom pasta carbonara	Fish goujons & tartare sauce
<b>Allergens</b>	SD,C,MT	SD,G,M,GFA,DFA	SD	G,M,MT,SD	F,SD,E,GFA
<b>OPTION 2</b>	Chicken korma	Eggs Shakshuka with Fattoush Salad	Pork Choi Mein	Pea, leek & cheese tart	Vegetable pakoras with coconut dhal curry sauce
<b>Allergens</b>	SD,C,MT	SD,G,E,MT,GFA	SD,G,S,GFA	G,M,E,GFA	SD,C,MT,G,GFA
<b>OPTION 3</b>	Penne pasta with basil & tomato sauce	Roasted vegetable spaghetti Bolognese	Pasta Arrabiata	Peruvian Chicken with Green Sauce	BBQ pulled pork burger with slaw
<b>Allergens</b>	SD,G,M,GFA,DFA,VEA	SD,S,G,M,GFA,DFA	SD,G,M,GFA,DFA,VEA	SD,M,S,DFA	SD,G,MT,E,GFA
<b>ACCOMPANIMENTS</b>	Basmati rice, peas, poppadum	Garlic bread, tossed salad, mixed vegetables	Mixed Vegetables	Roast potatoes & vegetables	Chips, baked beans
<b>Allergens</b>	SD	SD,G,GFA	SD	SD	FREE
<b>DESSERT</b>	Apple & pear crumble with custard	Biscoff & salted caramel cheesecake	Raspberry & Lemon Cake	Chocolate cake & chocolate sauce	Selection of cakes
<b>Allergens</b>	G,M,GFA,DFA,VEA	G,M,S,GFA,DFA,VEA	G,M,E,SD,GFA,DFA,VEA	G,M,E,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