

King's High School Lunch Menu Lent Term Week 2

Served on weeks commencing 12.01, 09.02, 16.03.

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Pasta with Tomato & Mascarpone Sauce	Beef chilli con carne with nachos	Penne pasta with olive & tomato sauce	Butcher's Pork Sausages with Onion Gravy	Fish goujons & tartare sauce
Allergens	SD,G,M,GFA,DFA,	SD,	SD,G,M,GFA,DFA	SD	F,SD,E,GFA
OPTION 2	Matar paneer curry	Macaroni, leek & cheese bake	Roast Salmon Fillet with Dill & Lemon Sauce	Quorn Sausages with Onion Gravy	Halloumi & roast vegetable fajita with avocado mayo
Allergens	SD,C,MT,M,DFA,VEA	SD,G,M,MT	F,G,M,SD,G,GFA,DFA	SD,G	SD,G,M,E,GFA,DFA,VEA
OPTION 3	BBQ Asian chicken	Roast vegetable sin carne with nachos	Chicken & Tarragon pie	Pasta with Roasted Tomato Sauce	Crispy chicken schnitzel with pickled red cabbage
Allergens	SD,C,MT,S,G,GFA	SD,	SD,G,M,E,GFA,DFA	SD,G,M,GFA,DFA,VEA	SD
ACCOMPANIMENTS	Basmati rice, sweetcorn, naan bread	Mexican rice, peas, sour cream, avocado salsa	New potatoes, mixed vegetables	Mashed Potato, Green Beans	Chips, baked beans
Allergens	SD,G,GFA,	SD,M,DFA	SD	M,DFA	FREE
DESSERT	Apple & raspberry crumble with custard	Treacle tart with cream	Strawberry jam cake with custard	Chocolate crispy	Selection of cakes
Allergens	G,M,GFA,DFA,VEA	G,M,E,S,GFA,DFA,VEA	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