

KHS LUNCH MENU MICHAELMAS TERM WEEK 1

Served on weeks commencing 01.09, 29.09, 03.11, 01.12

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Chicken rendang	Beef lasagne	Baked chicken with tomato & mozzarella sauce	Roast pork, stuffing & apple sauce	Fish goujons & tartare sauce
Allergens	SD,C,S	SD,C,G,M,MT,GFA,DFA	SD,C,M,DFA	G,C,GFA	F,G,SD,E,GFA
OPTION 2	Spaghetti arrabiata	Cheese & onion quiche	Pasta arrabiata	Red pesto & sundried tomato pasta	Chicken shawarma wrap with pickled cabbage
Allergens	SD,C,G,M,GFA,DFA	G,M,E,GFA	SD,C,G,M,GFA,DFA,VEA	E,G,M,GFA	SD,C,G,M,MT,GFA,DFA
OPTION 3	Vegetable & baked tofu rendang	Mushroom & spinach lasagne	Lentil & sweet potato shepherd's pie	Cauliflower & broccoli cheese bake	Vegetable samosa with tzatziki
Allergens	SD,C,S	SD,C,G,M,MT,GFA,DFA	SD,C,M,DFA,VEA	SD,MT,G,M	G,M,SD,GFA,DFA
ACCOMPANIMENTS	Thai basil & vegetable rice, naan bread	Garlic bread, tossed salad, parsley new potatoes, green beans	Oven bake rice & vegetables	Herb roasted potatoes, mixed vegetables	Chips, baked beans
Allergens	SD,G,M,GFA,DFA	G,GFA	SD,C	SD	FREE
DESSERT	Apple & pear crumble with custard	Strawberry cheesecake	Sticky toffee pudding with custard	Vanilla & raspberry cake	Selection of cakes
Allergens	G,M,GFA,DFA,VEA	G,M,DFA,GFA,VEA	G,M,E,SD,GFA,DFA,VEA	G,M,E,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