

KHS LUNCH MENU MICHAELMAS TERM WEEK 2

Served on weeks commencing 08.09, 06.10, 10.11, 08.12

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Teriyaki chicken	Beef ragu Bolognese & penne pasta	Pork sausages with onion gravy	Chicken souvlaki wrap	Fish goujons & tartare sauce
Allergens	SD,G,S,GFA	G,GFA	SD,C	SD,C,G,DFA	F,G,SD,E,GFA
OPTION 2	Pasta with tomato & basil sauce	Grilled salmon with Caribbean coconut sauce	Spaghetti with tomato & mascarpone sauce	Pasta with tomato & roasted pepper sauce	Margarita pizza
Allergens	SD,G,M,GFA,DFA	SD,F,C	SD,C,G,M,GFA,DFA,VEA	M,SD,C,G,GFA,DFA	G,M,GFA,DFA,VEA
OPTION 3	Vegetable Massaman curry	Roasted vegetable ragu bolognese & penne pasta	Quorn sausages with onion gravy	Puy lentils, roasted vegetables tagine & grilled halloumi	Vegetable spring rolls & stir-fry vegetables
Allergens	SD,C,S	G,GFA,DFA,VEA	G,SD,C,GFA	SD,C,M,DFA,VEA	SD,C,G,S,MT
ACCOMPANIMENTS	Spring onion basmati rice, sweetcorn & prawn crackers	Garlic bread, pilaf rice, sweetcorn	Mashed potato, mixed vegetables	Greek salad, lemon potatoes	Chips, baked beans
Allergens	SD,CR,GFA,DFA	G,GFA	M,DFA	SD,M,DFA	FREE
DESSERT	Apple and butterscotch crumble with custard	Mango & passion fruit Eton mess	Jam sponge with custard	Choc chip cookie	Selection of cakes
Allergens	G,M	M,E	G,M,E	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