



KHS - DAY MENU SUMMER TERM W/C 22 APRIL 2024

	Monday	Tuesday	Wednesday MEAT FREE DAY	Thursday SPANISH LUNCH	Friday
OPTION 1	Chicken with sweet & sour sauce	Roasted vegetable Bolognese	Five bean chilli sin carne	Mushroom & spinach pasta carbonara	Fish goujons & tartare sauce
Allergens	SD,C,S,G,GFA	SD,C,G,M,GFA,DFA,VEA	SD,C,S	G,M,SD,MT	F,G,SD,E,GFA
OPTION 2	Pasta with tomato & basil sauce	Beef ragout Bolognese	Roasted squash, harissa & feta cheese	Chicken & pork chorizo paella	Hotdog with caramelised onions
Allergens	SD,C,G,M,GFA,DFA,VEA	SD,C,G,M,GFA,DFA	SD,C,M,DFA,VEA	SD,C,M,DFA	SD,G,GFA
OPTION 3	Bang cauliflower	Olive oil spring vegetables & pearl barley with focaccia bread	Thai stir-fry vegetables, noodles	Vegetable paella	Vegetarian hotdog with spicy salsa
Allergens	SD,S,G,GFA	SD,C,G,M,DFA,GFA	SD,S,G,GFA	SD,C,M,S,DFA	SD,G,M,E,S,GFA,DFA,VEA
ACCOMPANIMENTS	Spring onion rice, sweetcorn, prawn crackers	Garlic bread, pasta, roast potatoes & vegetables	Vegetable rice, sweetcorn, tortillas, sour cream	Patatas bravas, tapas	Chips, baked beans
Allergens	SD,C,CR	SD,G,GFA	SD,C,M,DFA	SD,C,E,G,M,S,GFA,DFA	FREE
DESSERT	Apple & fruits of the forest crumble with custard	Choc chip cookie	Fruits tatin sponge with vanilla sauce	Lemon & olive oil cake	Selection of cakes
Allergens	G,M,GFA,DFA,VEA	G,M,E,S,GFA,DFA,VEA	G,M,E,GFA,DFA,VEA	SD,G,M,E	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 = Soy, SD = Sulphur Dioxide, GF = Gluten Free, DF = Dairy Free, GFA = Gluten Free Available, DFA = Dairy Free Available, VEA = Vegan Option Available