

# KHS LUNCH MENU SUMMER TERM WEEK 2

## Served on weeks commencing 05/05, 09/06 and 07/07

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Pasta arrabiata	Filled peppers with parsley sauce	Salmon fishcake with lemon & capers dressing	Pasta with olive & tomato sauce	Fish goujons & tartare sauce
Allergens	SD,C,G,M,GFA,DFA,VEA	SD,C,G,M,S,GFA,DFA,VEA	SD,C,F,G,GFA	SD,C,G,M,GFA,DFA	F,G,SD,E,GFA
OPTION 2	Peruvian chicken with green sauce	Italian beef lasagne	Spaghetti with tomato & mascarpone sauce	Pork sausages with onion gravy	Margarita pizza
Allergens	SD,C,S,M,E,DFA	SD,C,G,M,MT,GFA,DFA	SD,C,G,M,GFA,DFA,VEA	SD,C	G,M,S,GFA,DFA,VEA
OPTION 3	Squash & bean quesadilla with sour cream	Roasted vegetable lasagne	Wrap chicken shawarma	Quorn sausages with onion gravy	Vegetable spring roll with stir-vegetables
Allergens	SD,C,G,M,DFA,VEA	SD,C,G,M,MT,GFA,DFA,VEA	SD,C,G,M,GFA,DFA	G,M,E,SD,C,S,VEA	SD,G,S,C
ACCOMPANIMENTS	Oven-baked jasmine rice, peas	New potatoes, green beans, garlic bread, salads	Saffron rice, mediterranean vegetables	Mashed potato, sweetcorn	Chips, baked beans
Allergens	SD,C	SD,G,GFA	SD,C	M,DFA	FREE
DESSERT	Apple & strawberry crumble with custard	Banoffee pie	Lemon cake with lemon frosting	Chocolate sponge with chocolate sauce	Selection of cakes
Allergens	G,M,GFA,DFA,VEA	G,M,S,GFA,DFA,VEA	G,M,E,SD,GFA,DFA,VEA	G,M,E,SD,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