

King's High School Lunch Menu Lent Term Week 2

Served on weeks commencing 13.01, 10.02, 17.03

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Red pesto & peas pasta	Butcher's pork sausages with onion gravy	Penne pasta with olive & tomato sauce	Beef chilli con carne with nachos	Fish goujons & tartare sauce
Allergens	G,M,GFA	SD,C	SD,C,G,M,GFA,DFA,VEA	SD,C	F,G,SD,E,GFA
OPTION 2	Cauliflower & chickpea curry	Quorn sausages with onion gravy	Vegetable Bourguignon	Macaroni, leek & cheese bake	Halloumi & roast vegetable fajita with avocado mayo
Allergens	SD,C,MT	SD,C,G	SD,C	SD,G,M,MT	SD,C,G,M,E,GFA,DFA,VEA
OPTION 3	BBQ Asian chicken	Pasta arrabiata	Chicken, leek & parsley pie	Roast vegetable sin carne with nachos	Crispy chicken schnitzel with pickled red cabbage
Allergens	SD,C,MT,S,G,GFA	SD,C,G,M,GFA,DFA,VEA	SD,C,G,M,E,GFA,DFA	SD,C	SD
ACCOMPANIMENTS	Basmati rice, sweetcorn, naan bread	Mashed potato, green beans	New potatoes, mixed vegetables	Mexican rice, peas, sour cream, avocado salsa	Chips, baked beans
Allergens	SD,C,G,M,GFA,DFA	M,SD,DFA	SD	SD,C,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