



KHS - DAY MENU LENT TERM W/C 18 MARCH 2024

	Monday	Tuesday	Wednesday FRENCH LUNCH	Thursday	Friday
OPTION 1	Pasta with tomato & basil sauce	Pork sausages with onion gravy	Penne pasta with olive & tomato sauce	Beef chilli con carne with nachos	Fish goujons & tartare sauce
Allergens	SD,C,G,M,GFA,DFA,VEA	SD,C	SD,C,G,M,GFA,DFA,VEA	SD,C	F,G,SD,E,GFA
OPTION 2	Kung pao chicken	Quorn sausages with onion gravy	Roasted salmon meunière	Macaroni, leek & cheese bake	Halloumi & roasted vegetable fajita with avocado mayo
Allergens	SD,C,S,G,GFA	SD,C,G	SD,F,M,DFA	SD,G,M,MT	SD,C,G,M,E,GFA,DFA,VEA
OPTION 3	Grilled tofu, broccoli & garlic sauce	Pasta arrabiata	Chicken chasseur	Roasted vegetable sin carne with nachos	Crispy chicken schnitzel with pickled red cabbage
Allergens	SD,C,S,G,GFA	SD,C,G,M,GFA,DFA,VEA	SD,C,M,DFA	SD,C,S	SD
ACCOMPANIMENTS	Spring onion rice, peas, prawn crackers	Mashed potato, green beans	Potato Lyonnaise, mixed vegetables	Mexican rice, peas, sour cream, avocado salsa	Chips, baked beans
Allergens	SD,C,CR	M,SD,DFA	SD,M,DFA	SD,C,M,DFA	FREE
DESSERT	Apple & raspberry crumble with custard	Strawberry jam cake with custard	Chocolate éclair	Treacle tart with cream	Selection of cakes
Allergens	G,M,GFA,DFA,VEA	G,M,E,GFA,DFA,VEA	G,M,E,S,GFA,DFA,VEA	G,M,E,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