

KHS - DAY MENU SUMMER TERM Week 1

Served on Weeks Commencing- 28/04, 02/06, 30/06

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Chicken tikka masala	Asparagus & parmesan tart	Minced beef tacos	Glamorgan sausage with onion & chilli chutney	Fish goujons & tartare sauce
Allergens	SD,C,MT	G,M,E,GFA	SD,C,S,M,GFA,DFA	SD,C,G,M,E,S,MT,VEA	F,G,SD,E,GFA
OPTION 2	Pasta with tomato & basil sauce	Pork meatballs with tomato sauce	Pasta arrabiata	Roast pork, stuffing & apple sauce	Buffalo chicken burger
Allergens	SD,C,G,M,GFA,DFA,VEA	SD,C,M,DFA	SD,C,G,M,GFA,DFA,VEA	SD,C,G,GFA	SD,G,M,E,S,GFA,DFA
OPTION 3	Paneer tikka masala	Quorn balls with tomato sauce	Squash & black bean tacos	Pumpkin, peas & pesto pasta	Beetroot & feta cheese burger
Allergens	SD,C,MT,M,DFA,VEA	SD,C,G,M,E,VEA	SD,C,G,M,S,GFA,DFA,VEA	G,M,SD,GFA	SD,G,M,E,S
ACCOMPANIMENTS	Pilaf rice, peas, naan bread	Pasta, garlic bread, seasonal vegetables	Mexican rice, sour cream, bean salsa	Roast new potatoes & vegetables	Chips, baked beans
Allergens	C,SD,G,GFA	SD,M,G,GFA,DFA	SD,C,M,DFA	SD	FREE
DESSERT	Apple crumble with custard	Strawberry & elderflower cake	Mango & passion fruit Eton mess	Choc chip cookie	Selection of cakes or ice cream
Allergens	G,M,GFA,DFA,VEA	G,M,E,GFA,DFA,VEA	E,M,SD,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