



King's High School Lunch Menu Summer Term Week 2

Served on weeks commencing 20/04, 18/05, 22/06

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Pasta with Tomato & Mascarpone Sauce	Rancheros Style Eggs with Flat Bread	Pork Sausages with Onion Gravy	Pasta Arrabiata	Fish goujons & tartare sauce
Allergens	SD,G,M,GFA,DFA,VEA	SD,G,GFA	SD,VEA	SD,G,M,GFA,DFA	F,SD,E,GFA
OPTION 2	Chicken Tikka Masala	Broccoli & Spinach Pasta bake	Roast Salmon with Salsa Verde	Chicken & Leek Pie	Pizza Bar
Allergens	SD,C,MT	SD,M,MT,G,GFA	F,SD	SD,G,M,E,GFA,DFA	G,M,SD,GFA,DFA,VEA
OPTION 3	Sweet Potato & Black Bean Dahl	Italian Beef Pasta Bake	Red Pesto & Cherry Tomato Pasta	Vegetable Moussaka	Pizza Bar
Allergens	SD,C,MT	SD,G,M,GFA,DFA	G,M,GFA	SD,C,G,M,MT,E	G,M,SD,GFA,DFA,VEA
ACCOMPANIMENTS	Basmati Rice, Peas, Naan Bread	Garlic Bread, Vegetables	Mash Potato, Green Beans & Baby Carrots	Parsley New Potatoes, Mixed Vegetables	Chips, baked beans
Allergens	G,GFA	G,SD,GFA	M,SD,DFA	SD	FREE
DESSERT	Apple & pear crumble with custard	Mixed Berries & Oreo Cheesecake	Iced Strawberry & Vanilla Cake	Chocolate Crispy	Selection of cakes or Ice Cream
Allergens	G,M,GFA,DFA,VEA	G,M,S,GFA,DFA,VEA	G,E,M,SD,GFA,DFA,VE A	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