

KHS - DAY MENU MICHAELMAS TERM WEEK 4

Served on weeks commencing – 22.09, 03.11, 01.12

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Pasta with tomato & basil sauce	Pork meatballs in tomato sauce	Cauliflower steak with piri-piri sauce	Mac and cheese	Fish goujons & tartare sauce
Allergens	G,M,GFA,DFA,VEA	SD,C,M	SD,C	G,M,MT,SD	F,G,SD,E,GFA
OPTION 2	Chicken tikka masala	Salmon Fishcake with Lemon Sauce	Peruvian chicken with green sauce	Sweet potato & beans tacos with guacamole	Hotdog with caramelized onions
Allergens	SD,C	SD,F,C,G,M,GFA,DFA	SD,C,M,S,DFA	SD,G,S,GFA	SD,G,GFA,
OPTION 3	Vegetable jalfrezi	Quorn balls in tomato sauce	Pasta Arrabiata	Beef tacos with sour cream	Leek, spinach & Brie Pastie
Allergens	SD,C	G,M,E,SD,C	SD,C,G,M,GFA,DFA,VEA	SD,C,G,M,GFA,DFA	G,M,E,SD
ACCOMPANIMENTS	Rice, peas, naan bread	Pasta, garlic bread, Mixed vegetables	Herby potatoes, Vegetables	Mexican rice, sweetcorn	Chips, baked beans
Allergens	C,G,M,GFA,DFA	G,SD,GFA	SD	C,SD	FREE
DESSERT	Apple & strawberry crumble with custard	Lemon drizzle cake	Banana Tatin Cake with Caramel Sauce	Chocolate & orange brownie	Selection of cakes
Allergens	G,M,GFA,DFA,VEA	SD,G,M,E,GFA,DFA,VEA	G,M,E,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