

King's High School Lunch Menu Lent Term Week 4

Served on weeks commencing 26.01, 02.03

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Chicken in piri-piri sauce	Pasta with Tomato & Mascarpone Sauce	Beef meatballs with tomato sauce	Vegetarian Bao Bun with Katsu Sauce	Fish goujons & tartare sauce
Allergens	SD,	SD,G,M,GFA,DFA	SD,C,G,M,GFA,DFA	SD,G,M,S,C,MT,GFA	F,SD,E,GFA
OPTION 2	Roast cauliflower & pomegranate shawarma	Sausages with onion gravy & Yorkshire pudding	Salmon Fishcake with Mustard Cream Sauce	Pasta with roasted pepper & tomato sauce	Pork carnitas tacos with black bean salad
Allergens	SD,C,MT,M,DFA	SD,G,M,E,GFA,DFA	F,SD,MT,M,G,GFA,DFA	SD,C,G,M,GFA,DFA,VEA	SD,G,GFA
OPTION 3	Pasta arrabiata	Glamorgan sausage with onion gravy & Yorkshire pudding	Quorn balls with tomato sauce	Crispy chicken with katsu sauce	Oaxacan-style baked sweet potatoes with slaw
Allergens	SD,C,G,M,GFA,DFA,VEA	SD,MT,G,E,M,DFA,VEA,	SD,G,M,DFA,VEA	SD,C,G,S,MT,GFA	SD,M,E,DFA,VEA
ACCOMPANIMENTS	Smoked paprika rice, peas, flat bread	Roast potatoes, vegetables	Penne pasta, garlic bread, green beans	Rice, sweetcorn, prawn crackers	Chips, baked beans
Allergens	SD,G,GFA	SD	G,SD,GFA	SD,CR,	FREE
DESSERT	Apple & fruit of the forest crumble with custard	Carrot cake	Golden syrup & lemon cake with vanilla sauce	Choc chip cookie	Selection of cakes
Allergens	G,M,GFA,DFA,VEA	SD,G,M,E,GFA,DFA,VEA	SD,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