King's High School Lunch Menu Lent Term Week 3
Served on weeks commencing 19.01, 23.02, 23.03

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Goan vegetable curry	Roasted vegetable lasagne	Mozzarella & risotto cake with tomato & olives Salsa	Roast pork, stuffing & apple sauce	Fish goujons & tartare sauce
Allergens	SD,C,MT	SD,G,M,MT,S,GFA, DFA,VEA	SD,M,DFA,VEA	SD,G,GFA	F,SD,E,GFA
OPTION 2	Pasta with roasted tomato & oregano sauce	Beef lasagne	Spaghetti with tomato & basil sauce	Pasta with olives & tomato sauce	Miso Sweet Potato Burger with Pickle Cucumber
Allergens	SD,G,M,GFA,DFA,VEA	SD,G,M,MT,GFA,DFA	SD,G,M,GFA,DFA,VEA	SD,G,M,GFA,DFA,VEA	G,S,SD,GFA
OPTION 3	Tandoori chicken masala	Aubergine Parmigiana	Vegetable pasty with leek sauce	Baked feta cheese with lentils & herbs	Crispy Chicken Burger with Comeback Sauce
Allergens	SD,C,MT,M,DFA	SD,M	SD,G,M,E,MT,S	SD,M,DFA	G,E,SD,F,GFA
ACCOMPANIMENTS	Jeera rice, peas, naan bread	Garlic bread, tossed salad, vegetables	Parsley new potatoes, broccoli	Roast potatoes, vegetables	Chips, baked beans
Allergens	SD,G,M,GFA,DFA	G,SD,GFA	SD	SD	FREE
DESSERT	Apple crumble with custard	Lemon meringue cheesecake	Cinnamon & pear cake with toffee custard	Chocolate & raspberry brownie	Selection of cakes
Allergens	SD,G,M,GFA,DFA,VEA	G,M,E,SD,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