



KHS - DAY MENU MICHAELMAS TERM W/ 14 OCTOBER 2024

	Monday	Tuesday	Wednesday <i>Meat-free day</i>	Thursday	Friday
OPTION 1	Chicken & mushroom pie	Italian beef meatballs in tomato sauce	Crispy vegetable katsu curry	Pork sausages & onion gravy	Fish goujons & tartare sauce
Allergens	SD,C,G,M,E,DFA,GFA	SD,C	SD,C,S,G,E,GFA,VEA	SD,C	G,F,E,SD,GFA
OPTION 2	Penne pasta with roasted pepper sauce	Quorn balls in tomato sauce	Penne pasta in tomato & basil sauce	Thai vegetable noodles	Buffalo chicken burger
Allergens	SD,C,G,M,GFA,DFA,VEA	G,M,E,C,SD	SD,C,G,M,GFA,DFA	SD,G,S,GFA	SD,G,M,E,S,GFA,DFA
OPTION 3	Tomato, courgette & saffron risotto	Stuffed aubergine with mozzarella, pumpkin seeds & pesto	Squash, lentil & spinach Dhal	Glamorgan sausage with onion & chilli chutney	Falafel burger with lemon slaw
Allergens	E,C,SD,M,DFA	SD,C,M,G,GFA,DFA,VEA	SD,C	G,E,MT,S,SD	SD,G,M,E,S,GFA,DFA,VEA
ACCOMPANIMENTS	Parsley new potatoes, Mixed vegetables	Garlic bread, penne pasta, tossed salad, vegetables & roast potatoes	Spring onion & coriander rice, naan bread, peas	Mashed potato, Green beans	Chips, baked beans
Allergens	SD	G,SD,GFA	G,M,GFA,DFA	M,DFA	FREE
DESSERT	Apple & blackberry crumble with custard	Banoffee pie	Chocolate sponge & chocolate sauce	Raspberry cake	Selection of cakes
Allergens	G,M,GFA,DFA,VEA	G,M,S,DFA,GFA,VEA	G,M,E,S,DFA,GFA,VEA	G,M,E,GFA,DFA,VEA	SD,G,M,E,S,GFA,DFA,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