

KINGSMEAD

MENU

WEEK 1

	Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
Option One	Mac 'N' Cheese  <i>* Gluten/Dairy</i>	Chicken Curry  <i>* Gluten</i>	Roast Beef 	Italian Chicken Spaghetti  <i>* Gluten</i>	Fish in Breadcrumbs  <i>* Gluten</i>
Option Two	Jacket Potato 	Vegetable Noodles 	Lentil Bake  <i>* Gluten</i>	Lentil Sauce  <i>* Gluten</i>	Cheese, Tomato Spinach Quiche  <i>* Gluten</i>
Accompaniment	Cheese, Tuna & Baked Beans <i>* Dairy</i>	Steamed Rice  <i>* Gluten</i>	Roast Potatoes  <i>* Gluten</i>	Spaghetti  <i>* Gluten</i>	Chips  <i>* Gluten/Dairy</i>
Vegetable additions	Cucumber Batons & Sweetcorn 		Carrots & Broccoli 	Seasonal Vegetables 	Peas 
Salad and dressing	Mixed Salad 	Mixed Salad 	Red Cabbage & Gravy 	Green Salad 	Cucumber & Tomato 
Bread	Fresh Baked Bread <i>* Gluten</i>	Fresh Baked Bread <i>* Gluten</i>	Fresh Baked Bread <i>* Gluten</i>	Fresh Baked Bread <i>* Gluten</i>	Fresh Baked Bread <i>* Gluten</i>
Dessert or pudding	Fresh Fruit 	Surprise Cake  <i>* Gluten</i>	Fresh Fruit 	Shortbread Biscuits  <i>* Gluten</i>	Fresh Fruit 

** Allergens are in italics and marked with an asterix*