

KINGSMEAD
MENU
WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
					
Option One	Margherita Pizza  <i>* Gluten/Dairy</i>	Jacket Potatoes 	Spiced Chicken 	Beef Meatballs  <i>* Gluten</i>	Chicken Sausages 
Option Two	Stuffed Peppers 	Salmon Puff Bake  <i>* Gluten</i>	Vegetable Curry  <i>* Gluten</i>	Tomato, Basil & Lentil Sauce 	Quorn Sausages 
Accompaniment		Cheese, Tuna & Beans 	Plain Rice 	Spaghetti <i>* Gluten</i>	Potato Wedges 
Vegetable additions	Seasonal Vegetables 			Seasonal Vegetables 	Peas 
Salad and dressing	Green Salad 	Mixed Salad 	Green Salad 	Mixed 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 	Flap Jacks / Fresh Fruit 	Fresh Fruit & Yogurt  <i>* Dairy</i>	Surprise Cake & Custard  <i>* Dairy</i>	Fresh Fruit 

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