

KINGSMEAD
MENU
WEEK 3

	Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
Option One	Lentil Bolognese 	Spiced Chicken 	Shepard's Pie 	Pasta Bake  <i>* Gluten</i>	Fish in Crumbs 
Option Two	Vegetable Wraps 	Bean Tagine 	Vegetable Pie  <i>* Gluten</i>	Jacket Potato 	Cheese & Onion Bake  <i>* Gluten</i>
Accompaniment	Vegan Spaghetti	Plain Rice 		Cheese & Tuna  <i>* Dairy</i>	Chips 
Vegetable additions	Steamed Carrots 		Seasonal Vegetables 	Seasonal Vegetables 	Beans & Peas 
Salad and dressing	Green Salad 	Mixed Salad 	Green Salad 	Green Salad 	Tomato & Cucumber 
Bread	Fresh Bread <i>* Gluten</i>	Fresh Bread <i>* Gluten</i>	Fresh Bread <i>* Gluten</i>	Fresh Bread <i>* Gluten</i>	Fresh Bread <i>* Gluten</i>
Dessert or pudding	Fresh Fruit & Yogurt  <i>* Dairy</i>	Chocolate Cake & Custard  <i>* Gluten/Dairy</i>	Fresh Fruit 	Jelly & Cream  <i>* Dairy</i>	Fresh Fruit 

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