

**KINGSMEAD**  
**MENU**  
**WEEK 1**

	<b>Monday</b> 	<b>Tuesday</b> 	<b>Wednesday</b> 	<b>Thursday</b> 	<b>Friday</b> 
<b>Option One</b>	Cheese & Tomato Pizza <i>* Dairy</i> 	Beef Curry 	Roast Chicken 	Macaroni Cheese <i>* Dairy</i> 	Jacket Potato 
<b>Option Two</b>	Stuffed Peppers 	Vegetable Curry 	Vegetable Puffs 	Tomato & Roasted Vegetable Bake 	Vegetable Fritters <i>* Gluten</i> 
<b>Accompaniment</b>	Mixed Salad 	Turmeric Rice 	Roast Potatoes 		Tuna/Beans/Cheese <i>* Fish/Dairy</i> 
<b>Vegetable additions</b>		Roasted Vegetables 	Seasonal Vegetables 	Mixed Peppers 	Minted Peas 
<b>Salad and dressing</b>	Cucumber Sticks & Hummus 		Table Salad with Tomato & Radish 	Green Salad 	Mixed Salad 
<b>Bread</b>	Wholemeal Bread <i>* Gluten</i> 	Wraps <i>* Gluten</i> 	Yorkshire Pudding & Gravy <i>* Gluten</i>	Garlic Bread <i>* Gluten</i> 	Wholemeal Bread <i>* Gluten</i> 
<b>Dessert or pudding</b>	Fresh Fruit & Yogurt <i>* Dairy</i> 	Chocolate & Orange Sponge <i>* Gluten/Eggs/Dairy</i> 	Fresh Fruit 	Fruit Flapjacks 	Fresh Fruit & Jelly 

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