

**KINGSMEAD**  
**MENU**  
**WEEK 2**

|                            | Monday<br>   | Tuesday<br>                               | Wednesday<br>                           | Thursday<br>  | Friday<br>  |
|----------------------------|---|---|--|--|--|
| <b>Option One</b>          | Roasted Vegetable Lasagne<br><br><i>* Gluten/Dairy</i> | Beef Meatballs in Sweet Pepper Sauce<br> | Chicken Hot Dogs<br><br><i>* Gluten</i> | Vegetable Curry<br>                                   | Breaded Fish<br><br><i>* Fish</i>                 |
| <b>Option Two</b>          | Vegetable Fritters<br><br><i>* Gluten</i>              | Vegetable Tagine<br>                      | Quorn Hot Dogs<br><i>* Gluten</i>  | Vegetable Samosa<br><br><i>* Gluten</i>               | Feta & Tomato Frittata<br><br><i>* Dairy/Eggs</i> |
| <b>Accompaniment</b>       | Sweet Corn<br>   | Bulger Wheat<br><br><i>* Gluten</i>       | Smoked Paprika Wedges<br>               | Turmeric Rice<br>                                     | Herby New Potatoes<br>                            |
| <b>Vegetable additions</b> |   | Carrots & Peas<br>                        |  | Green Beans and Cauliflower<br>                       | Homemade Beans<br>                                |
| <b>Salad and dressing</b>  | Green Salad<br>                                       |   | Mixed Salad<br>                        | Cucumber & Peppers Sticks<br>                       | Minted Peas<br>                                  |
| <b>Bread</b>               | Helen's Homemade Garlic Bread<br><br><i>* Gluten</i> | Focaccia Bread<br><br><i>* Gluten</i>   |  | Black Onion Flatbread<br><br><i>* Gluten</i>        | Wholemeal Bread<br><br><i>* Gluten</i>          |
| <b>Dessert or pudding</b>  | Fresh Fruit & Yogurt<br><br><i>* Dairy</i>           | Shortbread<br><br><i>* Gluten</i>       | Fresh Fruit<br>                       | Carrot Frost Cake<br><br><i>* Gluten/Dairy/Eggs</i> | Fresh Fruit<br>                                 |

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