

KINGSMEAD
MENU
WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
					
Option One	Pesto Pasta with Tomato & Lentil Sauce <i>* Gluten</i> 	Lamb Shepherds Pie 	Spiced Chicken 	Beef Chili Wraps <i>* Gluten</i> 	Jacket Potato 
Option Two	Cauliflower Broccoli & Potato Bake <i>* Dairy</i> 	Vegetable Shepherds Pie 	Cauliflower Broccoli & Cheese Bake <i>* Dairy</i> 	Vegetable Wraps <i>* Gluten</i> 	Veg Fritters <i>* Gluten</i> 
Accompaniment			Jollof Rice 	Sweet Potato Wedges 	Tuna/Pesto & Cheese <i>* Fish/ Dairy</i> 
Vegetable additions	Seasonal Vegetables 	Seasonal Vegetables 	Seasonal Vegetables 	Seasonal Vegetables 	Homemade Beans 
Salad and dressing	Cucumber & Peppers Sticks 	Celery & Cherry Tomatoes 	Mixed Salad 	Mixed Salad 	Mixed Salad 
Bread	Helen's Homemade Garlic Bread <i>* Gluten</i> 	Poppy Seed Bread <i>* Gluten</i> 	Wholemeal Pitta Bread <i>* Gluten</i> 		
Dessert or pudding	Fresh Fruit & Yogurt <i>* Dairy</i> 	Ice-cream <i>* Dairy</i> 	Fresh Fruit 	Cake Surprise <i>* Gluten/Eggs</i> 	Fresh Fruit 

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