

The Kingsley School Menu – Example

	Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Sweet and sour vegetable Stir fry	Butchers beef meatball Ragu	Roast beef Yorkshire pudding and gravy	Barbecue chicken	Fish goujons Tartar sauce
Allergens	C G SD F GFA	SD	G E GFA	MT	G F E GFA
OPTION 2	French bread Margareta	Tomato and pepper risotto	Quorn cottage pie With sweet potato mash	Gourmet Vegan Meatball Italian sauce	Vegetable nuggets
Allergens	G M DFA GFA	G-GFA-S-DF	G E GFA	G S	G
Pasta bar	Pasta bar	Pasta bar	Pasta bar	Pasta bar	Pasta bar
Allergens	G M GFA DFA	G M GFA DFA	G M GFA DFA	G M GFA DFA	G M GFA DFA
ACCOMPANIMENTS	Sticky rice green beans Wedges	Pasta Garlic bread Roasted med vegetables	Roast potatoes Broccoli Trio of cabbage	Mash potatoes Baton carrots – kale	Jerseys new potatoes – peas
Allergens	FREE	G GFA	FREE	FREE	FREE
DESSERT	Vegan chocolate brownie	Whoopie pie	Strawberry cheesecake pot	Cranberry blondie	Banana Choc Muffin
Allergens	S G GFA	G M GF DF	G DF	E	E S

Most days we also offer jacket potato, salad bar, fresh fruit, yoghurt and vegetarian jelly.

Despite all reasonable care, we cannot guarantee that ingredients and pre-prepared food has been produced in a completely nut and/or allergen free environment. Should you have any questions concerning the above, please speak to our team about the ingredients in your meal PLEASE NOTE MENUS ARE SUBJECT TO CHANGE

Allergens: C = Celery, G = Cereals with gluten, CR = Crustaceans, E = Eggs, F = Fish, L = Lupin, M = Milk, Mo = Molluscs, MT = Mustard, N = All nuts, S = Soya, SD = Sulphur Dioxide, GFA = Gluten Free Available, DFA = Dairy Free Available VEA = Vegan Option Available