



# SAMPLE LUNCH MENU

## Monday

Sweet and sour vegetable stir-fry [C G SD F GFA]  
French bread Margherita [G M DFA GFA]  
Pasta bar [G M GFA DFA]  
Accompaniments: sticky rice, green beans,  
wedges [FREE]  
Vegan chocolate brownie [S G GFA]

## Tuesday

Butchers beef meatball ragu [SD]  
Tomato and pepper risotto [G GFA S DFA]  
Pasta bar [G M GFA DFA]  
Accompaniments: roasted Mediterranean  
vegetables, pasta, garlic bread [G GFA]  
Whoopie pie [G M GF DF]

## Wednesday

Roast beef and Yorkshire pudding [G E GFA]  
Quorn cottage pie with sweet potato mash [G E GFA]  
Pasta bar [G M GFA DFA]  
Accompaniments: roast potatoes, broccoli,  
trio of cabbage [FREE]  
Strawberry cheesecake pot [G DFA]

## Thursday

Barbecue chicken [MT]  
Gourmet vegan meatballs with Italian sauce [G S]  
Pasta bar [G M GFA DFA]  
Accompaniments: mashed potato, baton carrots,  
kale [FREE]  
Cranberry blondie [E]

## Friday

Fish goujons with tartar sauce [G F E GFA]  
Vegetable nuggets [G]  
Pasta bar [G M GFA DFA]  
Accompaniments: Jersey new potatoes,  
peas [FREE]  
Chocolate and banana muffin [E S]



THE  
**KINGSLEY**  
SCHOOL

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

**Despite all reasonable care, we cannot guarantee that ingredients and pre-prepared food have been produced in a completely nut and/or allergen free environment. Should you have any questions, please speak to our team about the ingredients in your meal.**

**Please note that 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