



CHRIST THE SAVIOUR SCHOOL

Lunch menu

AUTUMN 2023

FRESH FRUIT AND FRESH BREAD
AVAILABLE DAILY.
ALL LUNCHESES SERVED WITH FRESH
SEASONAL VEGETABLES.

| WEEK 1 | MEAT-FREE MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|---|--|---|---|--|
| MAIN allergens | Macaroni cheese D G (wheat) | Chicken tikka masala and rice MD G (may contain wheat) | Minced beef pasta bake D G (wheat) | Smoky sausage ragu pasta (pork or chicken) Su G (wheat) | Fish fingers and chips F G (wheat) |
| VEGETARIAN allergens | Garlic & herb pasta G (wheat) | Spinach & sweet potato curry & rice M | Five bean pasta bake D (wheat) | Meat-free sausage ragu So G (wheat) | Vegetable fingers and chips G (wheat) |
| DESSERT allergens | Vanilla ice cream D | Fruit | Fruit | Apple pie and custard D G (wheat) | Orange jelly and mandarins (V) |
| WEEK 2 | MEAT-FREE MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN allergens | Roasted vegetable pasta G (wheat) | Sausages, new potatoes, peas or beans Su G (wheat) | Spaghetti bolognese with garlic bread G (wheat) | Shepherds pie and gravy | Margherita pizza and chips D G (wheat) |
| VEGETARIAN allergens | Roasted vegetable pasta G (wheat) | Meat-free sausage, new potatoes, peas or beans So G (wheat) | Garlic & herb spaghetti with garlic bread G (wheat) | Chickpea dahl and rice M | Margherita pizza and chips D G (wheat) |
| DESSERT allergens | Yoghurt or fresh fruit D | Fruit | Fruit | Fruit | Strawberry jelly and fruit cocktail (V) |

ALLERGEN KEY

G gluten **D** dairy **E** eggs **F** fish **Cr** crustacea **S** sesame **C** celery
M mustard **So** soyabean **Mo** molluscs **L** lupin **Su** sulphur dioxide/sulphites **N** peanuts and tree nuts

Unfortunately, as food allergens are present in our kitchen, we cannot guarantee any menu items will be completely free from a particular allergen. If you have any food allergies or intolerances please let us know so we can help you choose a meal.

Parents are welcome to discuss allergies direct with the chef via the school office.