



CHRIST THE SAVIOUR SCHOOL

lunch menu

AUTUMN 2024

GROVE

FRESH FRUIT AND FRESH BREAD
AVAILABLE DAILY.
ALL LUNCHES 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 M 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 G (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	Tomato and basil OR pesto pasta G (wheat)	Sausages, new potatoes, peas or beans Su G (wheat)	Spaghetti bolognese with garlic bread G (wheat)	Chicken and rice	Margherita pizza and chips D G (wheat)
VEGETARIAN allergens	Tomato and basil OR pesto 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	Banana flapjack or fruit G (oats)	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.