



CHRIST THE SAVIOUR SCHOOL

# lunch menu

SUMMER 2025

GROVE

FRESH FRUIT AND FRESH BREAD  
AVAILABLE DAILY.

ALL LUNCHES SERVED WITH FRESH  
SEASONAL VEGETABLES.

WEEK 1	MEAT-FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b> allergens	Jacket potato with baked beans, cheese or tuna Milk F	Chicken tikka masala and rice G (may contain wheat)	Spaghetti bolognese with garlic bread G (wheat)	Smoky sausage ragu pasta (pork or chicken) G (wheat) Su	Fish fingers and chips G (wheat) F
<b>VEGETARIAN</b> allergens	Jacket potato with baked beans and cheese Milk	Spinach & sweet potato curry & rice G (may contain wheat)	Cheese, onion & sweetcorn quiche, new potatoes Milk G (wheat) E	Meat-free sausage ragu G (wheat) So	Vegetable fingers and chips G (wheat)
<b>DESSERT</b> allergens	Vanilla ice cream Milk	Fruit	Lemon drizzle cake G (wheat)	Yoghurt or fresh fruit Milk	Orange jelly and mandarins (V)
WEEK 2	MEAT-FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN</b> allergens	Tomato and basil OR pesto pasta G (wheat)	Sausages, new potatoes, peas or beans Su G (wheat)	Sticky chicken and rice So	Chicken and rice	Margherita pizza and chips OR sun-dried tomato pasta Milk G (wheat)
<b>VEGETARIAN</b> allergens	Tomato and basil OR pesto pasta G (wheat)	Meat-free sausage, new potatoes, peas or beans So G (wheat)	Singapore noodles G (wheat) E So	Chickpea dal and rice Milk	Margherita pizza and chips OR sun-dried tomato pasta Milk G (wheat)
<b>DESSERT</b> allergens	Yoghurt or fresh fruit Milk	Fruit	Spiced oat cookies G (oats)	Yoghurt or fresh fruit Milk	Strawberry jelly and fruit cocktail (v)

## ALLERGEN KEY

**G** gluten (wheat, barley, oats or rye)

**Milk** milk

**E** eggs

**F** fish

**Cr** crustacea

**S** sesame

**C** celery

**M** mustard

**So** soyabean

**Mo** molluscs

**L** lupin

**Su** sulphur dioxide/ sulphites

**Pn** peanuts

**Tn** 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.