



CHRIST THE SAVIOUR SCHOOL

lunch menu

AUTUMN 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 |
|--------------------------------|--|--|--|--|--|
| MAIN 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 |
| VEGETARIAN 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) |
| DESSERT 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 |
| MAIN 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) |
| VEGETARIAN 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) |
| DESSERT 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.