



CHRIST THE SAVIOUR SCHOOL

# lunch menu

SUMMER 2026

GROVE

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

| WEEK 1                         | MEAT-FREE MONDAY                                         | TUESDAY                                          | WEDNESDAY                                                            | THURSDAY                                                    | FRIDAY                                      |
|--------------------------------|----------------------------------------------------------|--------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------|
| <b>MAIN</b><br>allergens       | Jacket potato with baked beans, tuna or cheese<br>       | Beef or chicken burger, salad and coleslaw<br>   | Spaghetti bolognese with garlic bread and green beans<br>            | Roast chicken, roast potatoes, stuffing, carrots, gravy<br> | Fish fingers, chips, peas or beans<br>      |
| <b>VEGETARIAN</b><br>allergens | Jacket potato with baked beans, cheese and sweetcorn<br> | Veg or spicy bean burger, salad and coleslaw<br> | Cheese, onion and sweetcorn quiche, new potatoes and green beans<br> | Spinach and sweet potato curry, rice and carrots            | Vegetable fingers, chips, peas or beans<br> |
| <b>DESSERT</b><br>allergens    | Strawberry frozen yoghurt<br>                            | Fruit                                            | Apple crumble and custard OR fruit<br>                               | Yoghurt pot OR fresh fruit<br>                              | Orange jelly and mandarins (V) OR fruit     |

| WEEK 2                         | MEAT-FREE MONDAY                                 | TUESDAY                                                      | WEDNESDAY                                                       | THURSDAY                                     | FRIDAY                                                             |
|--------------------------------|--------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------|--------------------------------------------------------------------|
| <b>MAIN</b><br>allergens       | Macaroni cheese, carrots and broccoli<br>        | Sausages, new potatoes, peas and baked beans<br>             | Beef meatballs in tomato sauce with linguine and sweetcorn<br>  | Creamy chicken, rice, carrots, green beans   | Margherita pizza and criss-cut chips OR sun-dried tomato pasta<br> |
| <b>VEGETARIAN</b><br>allergens | Tomato and basil pasta, carrots and broccoli<br> | Plant-based sausages, new potatoes, peas and baked beans<br> | Vegan meatballs in tomato sauce with linguine and sweetcorn<br> | Chickpea dhal, rice, carrots and green beans | Margherita pizza and criss-cut chips OR sun-dried tomato pasta<br> |
| <b>DESSERT</b><br>allergens    | Peach/strawberry yoghurt OR fresh fruit<br>      | Fruit                                                        | Banana flapjack<br><i>may contain wheat, barley, rye</i>        | Yoghurt pot OR fresh fruit<br>               | Strawberry jelly and fruit cocktail (V)                            |



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.

## ALLERGEN KEY

|                                              |                    |                    |                |                                     |                   |                     |
|----------------------------------------------|--------------------|--------------------|----------------|-------------------------------------|-------------------|---------------------|
| <b>G</b> gluten (wheat, barley, oats or rye) | <b>Milk</b> milk   | <b>E</b> eggs      | <b>F</b> fish  | <b>Cr</b> crustacea                 | <b>S</b> sesame   | <b>C</b> celery     |
| <b>M</b> mustard                             | <b>So</b> soyabean | <b>Mo</b> molluscs | <b>L</b> lupin | <b>Su</b> sulphur dioxide/sulphites | <b>Pn</b> peanuts | <b>Tn</b> tree nuts |