

All Saints Academy Lunch Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	CHICKEN FAJITAS S,F,W	BEEF PASTA BAKE F.W.M.G	CHICKEN & SWEETCORN PIE W,F,G	ROAST BEEF & YORKSHIRE PUDDING F,E	CHICKEN BURGER OR SALMON KEDGERIE W,E,G
Veggie Mains	VEGETABLE FAJITAS F	VEGETABLE PASTA BAKE G,F,W,M	VEGETABLE PIE W,G,F	ROAST QUORN FILLET F,E	SPICY BEAN BURGER F,E,W
Sides	STEAMED RICE COURGETTES MIXED SALAD SALSA & SOUR CREAM	MIXED VEGETABLES MIXED SALAD	MASHED POTATOES BROCCOLI SALAD	ROAST POTATOES CARROTTS SALAD	CHIPS PEAS SALAD
Jackets & Pasta	Served Daily with Tuna, Beans or Cheese				
Hot Sweets	PINEAPPLE SPONGE E,F,M	MIXED FRUIT CRUMBLE F,M	BLACKCURRANT CHEESECAKE M W	CHOCOLATE SPONGE WITH CHOCOLATE CUSTARD E,M,F	VANILLA & CHERRY SPONGE W,F,E
Cold	Yoghurts, Jelly or fresh fruits served daily				

Key:

W – Wheat
E – Egg
G – Gluten
M – Milk

Cm – Coconut Milk
S – Soya
C – Celery
F – Flour

Mu – Mustard
N – Nuts
Fi – Fish
Mayonnaise contains Mustard, Eggs, Milk

Su - Sulphite