

All Saints Academy Lunch Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	JERK CHICKEN THIGHS W,F,S	CORNISH PASTY F,W,E	BEEF LASAGNE F,E	JAMAICAN BEEF PIE E,F,W	CHICKEN SAUSAGES OR TUNA QUICHE F,W,M
Veggie Mains	VEGETABLE RATATOUILLE M	LENTIL & VEGETABLE DAHL M	VEGETARIAN LASAGNE M	VEGETABLE PIE W,W,F	VEGETABLE SAUSAGES S,W,G
Sides	RICE & PEAS MIXED SALAD W	CHIPPED POTATOES CARROTTS MIXED SALAD M	COURGETTES GREEN BEANS SALAD M	MASHED POTATO MIXED VEGETABLES SALAD M	CHIPS PEAS SALAD M
Jackets & Pasta	Served Daily with Tuna, Beans or Cheese				
Hot Sweets	ICING TOPPED SPONGE E,W,M	FLAP JACK WITH CHOCOLATE TOPPING W	CHERRY CHEESECAKE M W	APPLE & PINEAPPLE CRUMBLE M,F	BANANA SPONGE & CUSTARD M,F,E
Cold	Yoghurts, Jelly or fresh fruits served daily				

Key:

W – Wheat
E – Egg
G – Gluten
M – Milk
Su – Sulphite

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

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