

All Saints Academy Lunch Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	BBQ CHICKEN S	BEEF PASTA BAKE F,W,M,G	CHICKEN & SWEETCORN PIE W,F,G	CHICKEN FAJITAS S,F,W	FISH FINGERS F,E,W
Veggie Mains	VEGETABLE & LENTIL STEW	VEGETABLE PASTA BAKE G,F,W,M	VEGETABLE KIEV F,G,W	VEGETABLE FAJITAS F	ROASTED ROOT VEGETABLES & BEAN PIE S,W,G
Sides	ROASTED NEW POTATOES GREEN BEANS MIXED SALAD	SWEET CORN MIXED SALAD	MASHED POTATOE COURGETTES SALAD M	RICE SOUR CREAM SALSA SALAD M	CHIPS PEAS SALAD
Jackets & Pasta	Served Daily with Tuna, Beans or Cheese				
Hot Sweets	FLAPJACK & CUSTARD W	APPLE CRUMBLE & CUSTARD F,M	BLACKCURRANT CHEESECAKE M W	EVES PUDDING & CUSTARD M,F,E	CHOCOLATE SPONGE & CHOCOLATE SAUCE 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