

All Saints Academy Lunch Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	SWEET CHILLI CHICKEN NOODLES S,E	COTTAGE PIE M	ROAST CHICKEN	BEEF CURRY G	CHICKEN BURGER W,E,G
Veggie Mains	SWEET CHILLI QUORN & VEGETABLE NOODLES	VEGETABLE PIE M,F,E	BROCCOLI & TOMATO FRITATTA M,E	VEGETABLE & CHICKPEA CURRY	SPICY BEAN BURGER F,E,W
Sides	SWEETCORN MIXED SALAD	ROASTED ROOT VEGETABLES MIXED SALAD	ROAST POTATOES CARROTTS SALAD	RICE COURGETTES SALAD	CHIPS PEAS SALAD
Jackets & Pasta	Served Daily with Tuna, Beans or Cheese				
Hot Sweets	CHOCOLATE CAKE & CUSTARD M,F,E	ICING TOPPED VANILLA SPONGE F,M,E	STRAWBERRY CHEESECAKE M,W	MARBLE SPONGE & CUSTARD M,F,E	BAKEWELL TART & 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