

All Saints Academy Lunch Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Chilli Beef	Chicken & Sweet Corn Pie W, F, M	British Roast Beef with Yorkshire W,E,F	Shepherd's Pie W F S	Chicken Burger W,E,G
Veggie Mains	Quorn and Vegetable Chilli F E	Leek and Potato Pie topped with cheese F M	Vegetable Tart W,F,E	Quorn Shepherd's Pie W F M	Cheese & Onion Pastries W,F E
Sides	Steamed Rice Mixed Salad Green Beans Salsa & Sour Cream M	Salad Broccoli Mash Potato M	Roast potatoes Carrots	Broccoli Carrots Salad	Chips, Peas, & Salad
Jackets & Pasta	Served Daily with Tuna, Beans or Cheese				
Hot Sweets	Banana Sponge with custard E,M,F	Chocolate Sponge with Chocolate Custard E,M,F	Pineapple & Pear Crumble F	Icing Topped Vanilla Sponge M,E	Cherry Sponge with Custard M,E,F
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