

All Saints Academy Lunch Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Cajun Chicken Thigh with Sauce MSG	Cornish Pasty F,W E	Roast Turkey Breast W,E,M	Lemon & Herb Chicken Thigh with Sauce	Chicken Burger W,E,G
Veggie Mains	Mushroom Stroganoff F,M E	Vegetable & Potato Rosti E,M	Quorn Roast F,E	Tortellini Ricotta with a Cheese and Herb Sauce M,F E	Veggie Burger F,E W
Sides	Steamed Rice Carrots Mixed Salad Salsa & Sour Cream M	Mash Potato Green Beans Salad M	Roast Potatoes Cabbage Cauliflower Salad	New Potatoes Broccoli Salad Salsa & Sour Cream M	Chips, Peas, & Salad
Jackets & Pasta	Served Daily with Tuna, Beans or Cheese				
Hot Sweets	Bakewell Tart with Custard M,E,W,N	Apple & Pear Crumble Custard M F	Orange Sponge & Custard M,E,W	Blackberry Cheesecake M W	Chocolate Sponge with Chocolate Custard E,M,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