

All Saints Academy Lunch Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Beef Lasagne & Garlic Bread F,M E	Sweet & Sour Chicken Noodles F,S,W	Beef and Vegetable Stew with Dumplings F,W	Chicken Fajitas W,F,S	Baked Fish Or Salmon Kedgerie E,F,W
Veggie Mains	Vegetable Lasagne & Garlic Bread F,M E	Sweet & Sour Vegetables Noodles F,S,W	Vegetable Stew with Dumplings F,W	Vegetable Fajitas W,F,S	Cheese and Vegetable Turnover E,F,W,M
Sides	Peas Mixed Salad	Sweet corn Salad	Mash Potato Salad M	Rice Salsa & Sour Cream M	Chips, Peas, & Salad
Jackets & Pasta	Served Daily with Tuna, Beans or Cheese				
Hot Sweets	Pineapple Upside down Cake with Custard M,E,W	Icing Topped Vanilla Sponge M,E,F	Strawberry Cheesecake M,W	Cherry & Sultana Sponge with Custard W,E,M	Apple & Apricot Sponge with Custard W E M
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