

# ARK ALL SAINTS ACADEMY LUNCH MENU



## WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Lamb Hot Pot	Chicken Jollof	Spicy mince Beef	Chicken Tikka Masala Mu. M	Battered Fish F. Fi
Veggie Mains	Vegetable Hot Pot Mu	Vegetable Jollof	Baked chickpeas & aubergine F.M	Vegetarian Tikka Masala Mu. M	Vegetarian Kiev F. M. G
Sides	Boiled Potatoes & Parsley	Plantain, Coleslaw Sweetcorn	Pasta F. W. E	Rice & Naan Bread M.F	Chips & Peas
Jackets & Pasta	Pasta Tomato F. G.W	Tuna Bake bean	Cheese Sauce M.W	Cheese Sauce M.W	Tuna & Cheese
Hot Sweets	Pancakes & Syrup F. M. G	Chocolate Sponge F. M. E	Bakewell Tart F. M. E	Mix Fruit Crumble F. M. E	Lemon Drizzle F. M. E
Cold	F.M.E	F.M.E	F.M.E	F.M.E	

### Key:

<b>W</b> – Wheat	<b>Cm</b> – Coconut Milk	<b>Mu</b> – Mustard
<b>E</b> – Egg	<b>S</b> – Soya	<b>N</b> – Nuts
<b>G</b> – Gluten	<b>C</b> – Celery	<b>Fi</b> – Fish
<b>M</b> – Milk	<b>F</b> – Flour	<b>Su</b> – Sulphite

*Mayonnaise contains Mustard, Egg and Milk*