

# ARK ALL SAINTS ACADEMY LUNCH MENU



## WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Beef Madras & Naan Bread S.	Jerk Chicken	Mince Lamb & Chilly Quiche F. G.W. E	Beef Fajita F. M. G	Chicken Burgers F. M. E
Veggie Mains	Quorn Madras S.	Jerk Quorn Filled	Mac & Cheese F. G	Broccoli & Cauliflower Bake	Vegetable burger
Sides	Potato Saag aloo	Rice & Peas Coleslaw	Sweetcorn Salad	Rice	Chips & Peas
Jackets & Pasta	Pasta Tomato F. G. W	Tuna & Cheese	Tuna or Cheese	Tuna or Cheese	Tuna or Cheese
Hot Sweets	Peach & pear Crumble F. M. E	Marble Sponge F. M. E	Chocolate Flapjack F. M. E	Carrot Cake F. M. E	Spice Plum & Custard 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*