

ARK ALL SAINTS ACADEMY LUNCH MENU



WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Beef Stroganoff M.	Chicken Jollof	Spicy Mince Lamb	Chicken Pasta Carbonara F. G. W	American Hot Pizza F. G. W
Veggie Mains	Mushroom Stroganoff M.	Vegetarian Jollof	Spicy Quorn Mince	Cheese & Tomato Quiche F. G. W	Cheese & Tomato Pizza F. G. W
Sides	Mash	Plantain Coleslaw	Cous-cous G. W	Garlic Bread Mix Vegetables	Chips & Peas
Jackets & Pasta	Pasta Tomato F. G. W	Tuna & Cheese	Pasta Tomato F. G. W	Tuna & Cheese	Tuna or Cheese
Hot Sweets	Creamy Rice Pudding M.	Chocolate Sponge Cake F. M. E	Apple Crumble F. M. E	Banana Sponge cake F. M. E	Lemon Drizzle F. M. E
Cold	F.M.E	F.M.E	F.M.E	F.M.E	

Key:

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

Mayonnaise contains Mustard, Egg and Milk