

# ARK ALL SAINTS ACADEMY LUNCH MENU



## WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Chicken Sausage	Jerk Chicken	Tuna & Sweetcorn Pasta Bake Fi. F. G. W	Lamb Rogan Josh	Southern Fried Chicken F. G. W
Veggie Mains	Veggie Sausage	Jerk Quorn Fillet	Vegetable Pasta Bake F. G. W	Lentil Vegetable Dhal	Vegetable Nuggets F. G. W
Sides	Onion & Mash Potato	Rice & Peas Coleslaw	Garlic Bread F. G. W	Flavoured Rice	Chips & Peas
Jackets & Pasta	Pasta & Tomato F. G. W	Pasta & Tomato F. G. W	Cheese & Tuna	Tuna & Tomato F. G. W	Tuna & Cheese
Hot Sweets	Fruit Sponge Cake F. M. E	Coconut & Jam Sponge cake F. M. E	Eve's Pudding F. M. E	Banana Sponge cake F. M. E	Semolina & Jam W. G. M
Cold	F.M.E	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*