

All Saints Academy Lunch Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	TURKEY A'LA KING <small>M, E, F</small>	BEEF & VEGETABLE STEW	CHICKEN JOLLOF <small>S, F, W</small>	LAMB GOULASH <small>M</small>	BAKED FISH/ TUNE PASTA BAKE <small>W, G, Fi</small>
Veggie Mains	MIXED BEAN & VEGETABLE CASSEROLE <small>S, C, G, Mu</small>	VEGETABLE STEW	VEGETABLE JOLLOF	MACARONI CHEESE <small>F, G, M</small>	VEGETABLE KIEV <small>F, W, G</small>
Sides	RICE/ CARROTS	MASH POTATO SWEETCORN	COLESLAW	COUS-COUS	CHIPS PEAS
Jackets & Pasta	Served Daily with Tuna, Beans or Cheese				
Hot Sweets	APPLE & PEAR CRUMBLE & CUSTARD <small>F, M</small>	PLAIN SPONGE & CUSTARD <small>F</small>	CHEESE CAKE <small>W</small>	SYRUP SPONGE & CUSTARD <small>F, E, M</small>	BAKEWELL TART & CUSTARD <small>E, F, M</small>
Cold	Yoghurts, Jelly or fresh fruits served daily				

W – Wheat

S – Soya

Fi – Fish

Cm – Coconut Milk

N – Nuts

M – Milk

Mu – Mustard

G – Gluten

F – Flour

E – Egg

C – Celery

Su – Sulphite

Mayonnaise contains Mustard, Eggs, Milk