

# School Lunch Menu: Week One



Ark John Keats  
Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Baked Sticky Chicken (Su)	Lamb & Apricot Tagine (Ca)	Roast beef Yorkshire Pudding (G, M, E)	Chicken & Mushroom Pie (G, M)	Battered Fish (F, G, E) Tartare Sauce (F, E, G)
Veggie Mains	Roasted Vegetables & Jackfruit with Sweet Chilli Tomato Sauce (Su, Ca)	Chickpea, Squash & Sweet Potato Tagine (Ca)	Lentil & Vegetable Loaf (G, M, E, Ca) Herb Gravy	Butterbean & Mushroom Pie (G, Ca)	Cheese & Spinach Croquettes with Sweet Chilli Sauce (G, E, Ca)
Sides	Jollof Rice Sweetcorn Chef's Salad	Couscous (G) Pitta Bread (G) Broccoli	Roast Potatoes Melange of Summer Vegetables (Ca)	Greens Steamed Baby Potatoes	Rustic Chips Minted Peas Mixed Salad
Bread	Fresh Baked Bread Daily (G)				
Baguettes & Wraps (for Secondary pupils)	A freshly baked baguette (G, M) with a selection of fillings: Cheese & Tomato (M), Tuna Mayonnaise, Sweetcorn & Cucumber (F, E), Chicken Mayonnaise (E) Wraps (G) with daily special fillings				
Jackets	With Cheddar Cheese (M), Low Salt & Low Sugar Baked Beans, Tuna Mayonnaise (E, M, F)				
Sweets	Fruit Yoghurts (M)	Blueberry Muffin (G, M, E)	Strawberry Jelly with Ice Cream (M)	Iced Sponge (M)	Fruity Flapjack (G, O, M)
Fruit & Yoghurt	Fresh Fruit and Natural Yoghurt (M)				

If you have any food allergies or intolerances please speak to a member of staff

Allergy Advice: (C): Celery, (G): Cereals/Gluten, (M): Milk, (E): Egg, (F): Fish, (O): Oats, (Ca): Carrots, (P): Peas (So): Soya, (Su): Sulphites, (R): Raisins, (Mu): Mustard, (Co): Coconut