

# School Lunch Menu: Week Two



Ark John Keats  
Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	<b>Cajun Chicken with Jalapeno Salsa</b> (Mu)	<b>Beef Bolognaise</b>	<b>Roast Lemon Chicken</b> <b>Sage &amp; Onion Stuffing</b> (G)	<b>Beef Burger</b> (G, Mu, Su)	<b>Catch of the Day</b> (F, G, E)  <b>Tartare Sauce</b> (F, E, G)
Veggie Mains	<b>Seasonal Vegetable Balti with Lentils</b> (Ca, Mu)	<b>Vegetarian Mince Bolognaise</b>	<b>Quinoa &amp; Veggie Watercress Strudel</b> <b>Herb Gravy</b> (G)	<b>Spicy Bean Burger</b> (G, Mu, Su)	<b>Gnocchi with Roasted Veg &amp; Rocket oil</b> (G, E, Ca)
Sides	<b>Turmeric Rice</b> <b>Peas</b> <b>Steamed Carrots</b>	<b>Chef's Salad</b> <b>Broccoli</b> <b>Garlic Bread</b> (G) <b>Penne Pasta</b> (G)	<b>Roast Potatoes</b> <b>Melange of Summer Vegetables</b> (Ca)	<b>Chef Salad</b> <b>Potato Wedges</b> <b>Peas</b>	<b>Broccoli</b> <b>Green Beans</b> <b>Chips</b> <b>Mixed Salad</b>
Bread	<b>Fresh Baked Bread Daily</b> (G)				
Baguettes & Wraps (for Secondary pupils)	<b>A freshly baked baguette</b> (G, M) with a selection of fillings: <b>Cheese &amp; Tomato</b> (M), <b>Tuna Mayonnaise, Sweetcorn &amp; Cucumber</b> (F, E), <b>Chicken Mayonnaise</b> (E) <b>Wraps</b> (G) with daily special fillings				
Jackets	<b>With Cheddar Cheese</b> (M), <b>Low Salt &amp; Low Sugar Baked Beans,</b> <b>Tuna Mayonnaise</b> (E, M, F)				
Sweets	<b>Fruit Yoghurts</b> (M)	<b>Rice Pudding &amp; Fruit Compote</b> (M)	<b>Strawberry Jelly with Ice Cream</b> (M)	<b>Apple and Raspberry Flapjack</b> (M, O, G)	<b>Fruit Smoothie</b> <b>Vanilla Shortbread</b> (G, M)
Fruit & Yoghurt	<b>Fresh Fruit and Natural Yoghurt</b> (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