

School Lunch Menu: Week Three



Ark John Keats
Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	BBQ Chicken (Su, Mu)	Beef Lasagne (G, M)	Roast Turkey Cranberry Stuffing (G)	Lamb Meatballs in Tomato Ragu Sauce (G, M)	Battered Fish (F, G, E) Tartare Sauce (F, E, G)
Veggie Mains	Sweet Potato Cannellini Bean Vegetable in BBQ Sauce (Ca, Su, Mu)	Vegetarian Lasagne (G, M)	Sweet potato Courgette Halloumi Cake (G, M, E) Herb Gravy	Vegetable Ratatouille with Kidney Beans (G, Ca)	Roasted Vegetable & Feta Moussaka (G, E, Ca)
Sides	Spiced Rice Sweetcorn & Peppers Chef's Salad	Chef's Salad Broccoli Garlic Bread (G)	Roast Potatoes Melange of Summer Vegetables (Ca)	Chef's Salad Broccoli Penne Pasta (G)	Garden Peas & Carrots Chips 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)	Chocolate Muffin (G, M, E)	Strawberry Jelly with Ice Cream (M)	Fruit Flapjack (M, O)	White Chocolate Cookie (G, 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