

# School Lunch Menu: Week One



Ark John Keats  
Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Jerk Chicken	Lamb & Apricot Tagine Stew (Su/R)	Roast Beef Yorkshire Pudding (E/M/G)	Chicken & Leek Pie (E/G/M)	Deep Fried Catch of the Day with Tartare Sauce (E/G/M/F)
Veggie Mains	Jerk Roasted Vegetables with Butterbeans (Ca)	Chickpea, Squash & Sweet Potato Tagine (R/Ca)	Lentil & Vegetable Loaf with Vegetable Gravy (G)	Quorn & Leek Pie (E/G/M)	Gruyere Cheese and Spinach Croquettes with Sweet Chilli Sauce (E/G)
Sides	Rice & Peas Sweetcorn (Co)	Couscous Pitta Bread Broccoli (G)	Roast Potatoes Seasonal Vegetables (Ca)	Greens Steamed Baby Potatoes	Rustic Chips Minted Peas
Bread	Fresh Baked Bread Daily (G)				
Baguettes (for Secondary pupils)	A freshly baked baguette (G) with a selection of fillings: Cheese & Tomato (M), Tuna Mayonnaise, Sweetcorn & Cucumber (F, E), Chicken Mayonnaise (E)				
Jackets	With Cheddar Cheese (M), Low Salt & Low Sugar Baked Beans, Tuna Mayonnaise (E, M, F)				
Sweets	Blueberry Muffin (E/G)	Peach & Apricot Crumble with Custard (E/G/M)	Strawberry Jelly with Ice Cream (M/E)	Orange Sponge with Chocolate Sauce (E/G/M)	Fruity Flapjack (G/Su/O)
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: Celery: (C), (G): Cereals/Gluten, (M): Milk, (E): Egg, (F): Fish, (O): Oats, (Ca): Carrots, (P): Peas (So): Soya, Sulphites: (Su), (R): Raisins, (Mu): Mustard, (Co): Coconut