

School Lunch Menu: Week Two



Ark John Keats
Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Cajun Chicken with Jalapeno Salsa (Mu)	Beef Bolognese Garlic Bread (G)	Roast Lemon Chicken Sage & Onion Stuffing (G)	Beef Burger (Mu/Su/So/G)	Catch of the Day with Homemade Tartare Sauce (F/E/Su)
Veggie Mains	Seasonal Vegetable Balti with Lentils (G/Ca)	Quorn Bolognese (M) Garlic Bread (G/M)	Winter Vegetable Watercress Strudel (G/M/Ca)	Chick Pea & Coriander Burger (G/So)	Gnocchi with Roasted Veg and Rocket Oil (G/Ca)
Sides	Turmeric Rice Peas Steamed Carrots	Penne Pasta (G) Sweetcorn with Peppers	Roast Potatoes Seasonal Vegetables (Ca)	Potato Wedges (G) Chef Salad Peas	Broccoli Green Beans Rustic Chips
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	Rice pudding with Fruit Compote (M)	Orchard Fruit Crumble with Custard (M/G)	Fruit Jelly with Ice Cream (M/E)	Apple Cake with Custard (G/E)	Fruit Smoothie with Vanilla Shortbread (M/E/G)
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