

# School Lunch Menu: Week Three



Ark John Keats  
Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Peri Peri Chicken (Mu/Su)	Beef & Vegetable Pie (M/E)	Roast Turkey, Cranberry Sauce with Sage & Onion Stuffing (G)	Chicken Sausage with Onion Gravy (G)	Deep Fried Breaded Pollock with Homemade Tartare Sauce (F/E/G/So)
Veggie Mains	Sweet Potato Quinoa & Root Vegetables Peri Peri (Mu/Su/Ca)	Lentil & Quorn Pie (G/E/Ca)	Halloumi Courgette Cake with Herb Gravy (G/M/Ca)	Linda McCartney Veggie Sausages Onion Gravy (G)	Beetroot Broccoli & Feta Tart (G/M)
Sides	Sweetcorn & Peppers Spiced Rice	Green Beans Sautéed Baby Potatoes	Roast Potatoes Seasonal Vegetables (Ca)	Steamed Greens Creamed Potato	Carrots Peas 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	Rhubarb & Fruit Crumble with Custard (M/G)	Chocolate Brownie with Cream (E/G/M)	Jelly & Ice Cream (M/E)	Fruit Smoothie with Orange Shortbread (G/M/E)	White Chocolate Cookie (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