

# School Lunch Menu: Week One



Ark John Keats  
Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	<b>BBQ Chicken</b> (E, M, G)	<b>Beef Pastifico</b> (G, M)	<b>Roast Lemon Chicken with Stuffing and Gravy</b> (G)	<b>Lamb &amp; Winter Vegetable Stew</b> (G)	<b>Breaded Cod Tartare Sauce</b> (E, F, G)
Veggie Mains	<b>Pulled Jackfruit Beans, Sweet Potato &amp; BBQ Sauce</b> (G, M)	<b>Vegetable Mince Pastifico</b> (G)	<b>Chickpea &amp; Mint Vegan Halloumi Croquettes</b> (G)	<b>Winter Veg &amp; Butter Bean Stew</b> (G)	<b>Lentil &amp; Vegetable Patty</b> (G)
Sides	<b>Braised Rice</b> <b>Garden Peas</b>	<b>Chef Salad</b> <b>Green Beans</b> <b>Garlic Bread</b> (G, M)	<b>Roast Potatoes</b> <b>Melange of Vegetables</b>	<b>Baby Potatoes</b> <b>Greens</b>	<b>Spinach with Garden Peas</b> <b>Farmhouse Fries</b>
Bread	<b>Fresh Baked Bread Daily</b> (G)				
Baguettes & Wraps (for Secondary pupils)	<b>A freshly baked baguette</b> (G) 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>Apple Crumble with Custard</b> (G, M)	<b>Bread Pudding with Custard</b> (G, M, E)	<b>Jelly with Ice Cream</b> (M, E)	<b>Chocolate Sponge &amp; Chocolate Sauce</b> (G, M, E)	<b>Carrot Cake</b> (G, M, E)
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: 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