

School Lunch Menu: Week Two



Ark John Keats
Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Chicken Escalope Tomato Sauce e/m/g	Traditional Lasagne e/m	Roast Lamb with Mint sauce g	Chicken Stroganoff m	Catch of the Day Tartare sauce f/e/g
Veggie Mains	Vegetarian Escalope g	Vegan Lasagne g	Black Bean Loaf Avocado Verdi g	Mushroom Chickpea Cauliflower Stroganoff g	Tomato Caramelised Onion Puff Pastry Tart g
Sides	Sweetcorn Potato Wedges	Chef Salad Peas Garlic bread g/m	Roast Potatoes Seasonal Vegetables	Broccoli Braised Rice	Minted Peas & Greens Chips
Bread	Fresh Baked Bread Daily (G)				
Baguettes & Wraps (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) Wraps (G) with daily special fillings				
Jackets	With Cheddar Cheese (M), Low Salt & Low Sugar Baked Beans, Tuna Mayonnaise (E, M, F)				
Sweets	Pear & Winter Berry Crumble Custard g/m	Peach Upside Down Cake with Cream e/m/g	Strawberry Jelly with Ice Cream e/m	Apple Sultana Pie Custard e/m/g	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: 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