

Autumn Term 2017 - Lunch Menu - WEEK 1

Week commencing: 05/09, 25/09, 16/10, 13/11, 04/12

PAID ONLINE

OR

Cheques made payable to **The Ark Federation £2.60 daily**

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Minced beef bolognese. Wholemeal Pasta. Mixed peas and sweetcorn.		Roast Pork. Roast potatoes. Broccoli.		Chicken & sweetcorn casserole. Mixed grain rice. Green beans.		Roast beef. Roast potatoes. Baby carrots.		Cheese & tomato pizza. Chipped potatoes. Garden peas.	
Egg Florentine.		Quorn toad in the hold		Vegetable korma		Roasted vegetable lasagne		Ham omelette	
Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans	
Peach crumble & custard		Lemon drizzle cake		Chocolate sponge & chocolate sauce		Strawberry jelly		Gingerbread and vanilla sauce	
Low Fat Fruit Yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt	
Fresh Fruit Salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit	

Please select one main course option and one pudding option

<u>Week 1</u> <u>Dish</u> Sept-Dec 2017	<u>Day</u>	Cereals with gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabean	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Yoghurts	Daily							✓							
Pasta Bolognese	Mon	✓ wheat / semolina													
Egg Florentine & Potatoes	Mon	✓ wheat		✓				✓							
Garlic Bread	Mon	✓ wheat						✓							
Peach Crumble	Mon	✓ wheat													
Custard	Mon	✓ wheat						✓							
Roast Pork Y Pud	Weds	✓ wheat		✓				✓							
Quorn Toad	Tues	✓ wheat		✓				✓							
Roast Potatoes	Tues														
Gravy	Tues	✓ wheat					✓			✓			✓		
Lemon Drizzle Cake	Tues	✓ wheat		✓				✓							
Chicken & Corn Cass	Weds	✓ wheat						✓							
Veg Korma	Weds	✓ wheat						✓							
Rice	Weds														
Choc Sponge & Choc Sauce	Weds	✓ wheat		✓				✓							
Roast Beef Y Pud	Thurs	✓ wheat		✓				✓							
Gravy	Thurs	✓ wheat		✓				✓							
Veg Lasagne	Thurs	✓ Semolina						✓							
Roast Pots	Thurs														
Jelly	Thurs														
Cheese & Tom Pizza	Fri	✓ wheat						✓							
Ham Omelette	Fri			✓											
Gingerbread & Sauce	Fri	✓ wheat		✓				✓							

Autumn Term 2017 - Lunch Menu - WEEK 2

Week commencing: 11/09, 02/10, 30/10, 20/11, 11/12

PAID ONLINE

OR

Cheques made payable to **The Ark Federation £2.60 daily**

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Chicken star pie. Creamed potatoes. Broccoli.		Roast Turkey. Roast potatoes. Green beans.		Savoury minced beef with cheesy rice. Garden peas.		Roast Pork. Roast potatoes. Baby carrots.		Cod fish fingers in batter. Chipped potatoes. Spaghetti hoops or sweetcorn.	
Spaghetti in tomato sauce		Vegetable scone bake		Ratatouille burritos & diced potatoes		Quorn & vegetable pie		Cheese flan	
Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans	
Orange jelly		Carrot cake		Syrup sponge & custard		Jam doughnuts		Chocolate brownie & ice cream	
Low Fat Fruit Yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt	
Fresh Fruit Salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit	

Please select one main course option and one pudding option

Autumn Term 2017 - Lunch Menu - WEEK 3

Week commencing 18/09, 09/10, 06/11, 27/11, 18/12

PAID ONLINE

OR

Cheques made payable to **The Ark Federation £2.60 daily**

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Meatballs in tomato sauce. Pasta spirals. Mixed vegetables.		Roast Beef. Roast potatoes. Baby carrots.		Grilled pork sausages. Mashed potatoes. Spaghetti hoops or peas.		Roast Turkey. Roast potatoes. Broccoli.		Chicken or vegetable nuggets. Chipped potatoes. Baked beans or garden peas.	
Cheese & onion pasty with potatoes		Vegetable burgers on baps.		Quorn & tomato casserole		Cheese omelette		Baked cod, no breadcrumbs or batter	
Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato (Please circle filling) Cheese or Beans or Tuna or Cheese & Beans	
Chocolate mousse		Raspberry sponge & custard		Oaty tray bake		Strawberry topped crumble & custard		Toffee fudge tart	
Low Fat Fruit Yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt		Low fat fruit yoghurt	
Fresh Fruit Salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit		Fresh fruit salad/Fresh Fruit	

Please select one main course option and one pudding option

