

Spring Term 2017 Lunch Menu - WEEK 1

Week commencing: 04/01, 23/01, 20/02, 13/03

PAID ONLINE

OR

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

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Mild & creamy chicken korma. Mixed long grain rice. Baby corn.		Roast Turkey. Roast potatoes. Green beans.		Breaded cod fillet fish fingers. Baked dice potatoes. Spaghetti hoops or peas.		Roast beef. Roast potatoes. Baby carrots.		Pork or vegetable sausages. Chipped potatoes. Baked beans or sweetcorn.	
Quorn in a sweet chilli sauce		Spanish omelette		Vegetable pasta bake		Quorn casserole		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		Chocolate ice cream roll		Jam sponge & custard		Toffee fudge tart		Apple & raspberry crumble & custard	
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

Week 1 Dish Jan-March '17	Day	Cereals with gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabean	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Yoghurts	Daily							✓							
Chicken Korma	Mon	✓ wheat						✓							
Quorn in Chilli	Mon														
Rice	Mon														
Orange Jelly	Mon														
Roast Turkey	Tues														
Gravy	Tues	✓ wheat					✓			✓	✓				
Y Pudding	Tues	✓ wheat		✓				✓							
Spanish Omelette	Tues			✓											
Roast Potatoes	Tues														
Choc Ice Cream Roll	Tues	✓ wheat		✓				✓							
Fish Fingers	Weds	✓ wheat		✓	Cod			✓							
Veg Pasta	Weds	✓ Wheat/ semolina						✓							
Diced Potatoes	Weds														
Spaghetti Hoops	Weds	✓ semolina													
Jam Sponge & Custard	Weds	✓ wheat		✓				✓							
Roast Beef	Thurs														
Gravy	Thurs	✓ wheat					✓			✓					
Y Pudding	Thurs	✓ wheat		✓				✓							
Roast Potatoes	Thurs														
Quorn Cass	Thurs	✓ wheat													
Toffee Tart	Thurs	✓ wheat		✓				✓							
Pork Sausage	Fri	✓ wheat						✓							
Veg Sausage	Fri	✓ wheat													
Cheese Flan	Fri	✓ wheat		✓				✓							
Chips	Fri														
Apple Crumble & Custard	Fri	✓ wheat						✓							

Spring Term 2017 Lunch Menu - WEEK 2

Week commencing: 09/01, 30/01, 27/02, 20/03

PAID ONLINE

OR

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

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Chicken & tomato casserole. Creamed potatoes. Green beans.		Roast Pork. Roast potatoes. Baby carrots.		Spaghetti Bolognese Fresh salad or sweetcorn. Garlic bread		Roast Turkey. Roast potatoes. Broccoli.		Chicken or vegetable nuggets. Chipped potatoes. Baked beans or garden peas.	
Minced Quorn pie		Vegetable tagine		Macaroni cheese		Vegetable crumble		Baked cod fillet (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	
Lemon sponge & custard		Chocolate cookies		Treacle & Cornflake Tart & custard		Strawberry mousse		Lemon drizzle cake	
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

Spring Term 2017 Lunch Menu - WEEK 3

Week commencing: 16/01, 06/02, 06/03, 27/03

PAID ONLINE

OR

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

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Baked sausage rolls. Oven baked potatoes. Spaghetti hoops or peas.		Roast Beef. Roast potatoes. Broccoli.		Cheese & tomato pizza Jacket wedges. Sweetcorn.		Roast Pork. Roast potatoes. Baby carrots.		Cod fish fingers in batter. Chipped potatoes. Baked beans or sweetcorn.	
Vegetable curry with onion bahji		Cheese pasty		Vegetable hot pot		Roasted vegetable lasagne		Vegetable burger bap	
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	
Gingerbread & vanilla sauce		Strawberry jelly		Iced sponge		Jam doughnuts		Chocolate sponge & chocolate 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 3</u> <u>Dish</u> Jan- March 17	<u>Day</u>	Cereals with gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabean	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollucs
Yoghurts	Daily							✓							
Sausage Rolls	Mon	✓ wheat		✓			✓								
Veg Curry	Mon														
Onion Bhaji	Mon	✓ wheat													
Diced Potatoes	Mon														
Spaghetti Hoops	Mon	✓ semolina													
Gingerbread & Vanilla Sauce	Mon	✓ wheat		✓				✓							
Roast Beef	Tues														
Y Pudding	Tues	✓ wheat		✓				✓							
Gravy	Tues	✓ wheat					✓			✓					
Cheese Pasty	Tues	✓ wheat		✓				✓							
Roast Potatoes	Tues														
Strawberry Jelly	Tues														
C & Tom Pizza	Weds	✓ wheat						✓							
Veg Hot Pot	Weds	✓ wheat													
Jacket Wedges	Weds														
Iced Sponge	Weds	✓ wheat		✓				✓							
Roast Pork	Thurs														
Y Pudding	Thurs	✓ Wheat		✓				✓							
Gravy	Thurs	✓ Wheat													
Veg Lasagne	Thurs	✓ Wheat /semolina						✓							
Roast Potatoes	Thurs														
Jam Doughnuts	Thurs	✓ Wheat		✓				✓							
Fish Fingers	Fri	✓ wheat			✓ cod			✓							
Veg Burger Bap	Fri	✓ wheat		✓											
Chips	Fri														
Baked Beans	Fri														
Choc Sponge Sauce	Fri	✓ wheat		✓				✓							