

**Summer Term 2017 Lunch Menu - WEEK 1**

**Week commencing: 19/04, 08/05, 05/06, 26/06, 17/07**

**PAID ONLINE**

**OR**

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

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Savoury minced beef.  Wholemeal Pasta Spirals. Broccoli.		Roast Turkey.  Roast potatoes. Green beans.		Fish fingers.  Mini potato waffles. Spaghetti hoops or peas.		Roast beef.  Roast potatoes. Baby carrots.		Chicken or vegetable nuggets.  Chipped potatoes. Baked beans or sweetcorn.	
Minced Quorn chilli.		Sweetcorn fritters on ratatouille		Chicken, ham & leek pie		Vegetable burgers on a bap		Cod in cheese sauce	
Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans	
Chocolate sponge & chocolate sauce		Jam doughnut		Iced ginger sponge		Peach crumble & custard		Raspberry jelly	
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



**Summer Term 2017 Lunch Menu - WEEK 2**

**Week commencing: 24/04, 15/05, 12/06, 03/07**

**PAID ONLINE**

**OR**

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

Monday	Tick	Tuesday	Tick	Wednesday	Tick	Thursday	Tick	Friday	Tick
Crispy sweet and sour chicken.  Mixed grain rice. Garden peas.		Roast Pork.  Roast potatoes. Baby carrots.		Spaghetti Bolognese  Fresh salad or Green beans. Garlic bread		Roast Turkey.  Roast potatoes. Broccoli.		Pork or vegetable sausages.  Chipped potatoes. Baked beans or garden peas.	
Vegetable pancake roll & sweet & sour sauce		Quorn mince served in a soft tortilla		Cheese omelette with potatoes		Roasted vegetable lasagne		Tuna & cod fish pie	
Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato <b>(Please circle filling)</b> Cheese or Beans or Tuna or Cheese & Beans	
Syrup sponge & custard		Flapjack		Orange jelly		Toffee fudge tart		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

<b>Week 2</b> <b>Dish</b> April-July '17	<b>Day</b>	Cereals with gluten	Crustace	Eggs	Fish	Peanuts	Soyabea n	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollucs
Yoghurts	Daily							✓							
Sweet & Sour Chicken	Mon	✓ wheat					✓			✓		✓			
Veg Pancake Roll	Mon	✓ wheat													
Rice	Mon														
Syrup Sponge & Custard	Mon	✓ wheat		✓				✓							
Roast Pork	Tues														
Gravy	Tues	✓ wheat													
Y Pudding	Tues	✓ wheat		✓				✓							
Tortilla Quorn	Tues	✓ wheat													
Roast Potatoes	Tues														
Flapjack	Tues	oats													
Spaghetti Bolognaise	Weds	✓ semolina													
S & Sour Veg with Brown Rice	Weds									✓					
Garlic Bread	Weds	✓ Wheat						✓							
Orange Jelly	Weds														
Roast Turkey	Thurs														
Gravy	Thurs	✓ wheat													
Y Pudding	Thurs	✓ wheat		✓				✓							
Roast Potatoes	Thurs														
Veg Lasagne	Thurs	✓ Wheat/ semolina						✓							
Toffee Fudge Tart	Thurs	✓ wheat						✓							
Pork Sausage	Fri	✓ wheat						✓							
Veg Sausage	Fri	✓ wheat													
Tuna & Cod Pie	Fri	✓ wheat		✓	✓ Tuna/ Cod			✓							
Chips	Fri														
Choc Brownie & Ice Cream	Fri	✓ wheat		✓				✓							

**Summer Term 2017 Lunch Menu - WEEK 3**

**Week commencing 02/05, 22/05, 19/06, 10/07**

**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.  Creamed potatoes. Mixed peas & sweetcorn.		Roast Beef.  Roast potatoes. Baby carrots.		Cheese & tomato pizza  Oven baked diced potatoes. Sweetcorn or fresh salad.		Roast Pork.  Roast potatoes. Broccoli.		Cod fish fingers in batter.  Chipped potatoes. Spaghetti hoops or peas.	
Tomato and cheese macaroni bake.		Vegetable sausage toad in the hole.		Baked cod (no breadcrumbs or batter)		Spanish omelette		Vegetable pancakes	
Jacket Potato ( <b>Please circle filling</b> ) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato ( <b>Please circle filling</b> ) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato ( <b>Please circle filling</b> ) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato ( <b>Please circle filling</b> ) Cheese or Beans or Tuna or Cheese & Beans		Jacket Potato ( <b>Please circle filling</b> ) Cheese or Beans or Tuna or Cheese & Beans	
Chocolate cookies		Jam sponge & custard		Ice cream sponge roll		Carrot cake		Iced sprinkle 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

<b>Week 3</b> <b>Dish</b> April - July '17	<b>Day</b>	Cereals with gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabean	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Mollucs
Yoghurts	Daily							✓							
Pork Meatballs	Mon	✓ wheat						✓							
Macaroni with Tomato & Cheese	Mon	✓ Wheat semolina						✓							
Creamed Pots	Mon							✓							
Chocolate Cookies	Mon	✓ wheat		✓				✓							
Roast Beef	Tues														
Gravy	Tues	✓ wheat					✓			✓					
Y Pudding	Tues	✓ wheat		✓				✓							
Veg Toad	Tues	✓ wheat		✓				✓							
Roast Potatoes	Tues														
Jam Sponge & Custard	Tues	✓ wheat		✓				✓							
Cheese & Tomato Pizza	Weds	✓ wheat						✓							
Baked Cod	Weds				✓ cod										
Oven Potatoes	Weds														
Ice Cream Sponge Roll	Weds	✓ wheat		✓				✓							
Roast Pork	Thurs														
Gravy	Thurs	✓ wheat													
Y Pudding	Thurs	✓ wheat		✓				✓							
Roast Potatoes	Thurs														
Spanish Omelette	Thurs			✓											
Carrot Cake	Thurs	✓ wheat		✓				✓							
Cod in Batter	Fri	✓ wheat		✓	✓ Cod			✓							
Veg Pancakes	Fri	✓ wheat		✓				✓							
Spaghetti Hoops	Fri	✓ semolina						✓							
Iced Cake	Fri	✓ wheat		✓				✓							