

ARK Atwood Primary Academy Menu 6th September – 15th Dec 2017

Child's Name: _____

Class: _____

ALL FOOD IS HALAL

One small slice of bread is available for children each day

Carrot and Cucumber sticks served daily as a table snack

PLEASE INDICATE YOUR SELECTION CLEARLY BY CIRCLING THE OPTIONS YOUR CHILD WISHES TO ORDER

Week beginning: Mon 4th Sept/ **Mon 25th Sept**/ Mon 16th Oct/ **Mon 13th Nov**/Mon 4th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Falafel in tomato and herb sauce with pitta	Very mild Thai green chicken curry with steamed brown rice	Chicken sausage with mashed potato	BBQ chicken with parsley topped new potatoes	Breaded cod and chips
Vegetarian	Grilled halloumi and shredded vegetable salad with pitta	Red bean and vegetable 'steam-fry' with steamed brown rice	Chef's pasta with tasty homemade hidden five bean & vegetable pasta sauce	Linda McCartney non-Quorn sausage and new potatoes	Cheese and onion lattice fingers and chips
Sides	Greek salad – cucumber, tomato, rocket and feta	Mixed fresh salad	Fresh carrots and peas	Fresh steamed kale Fresh chopped salad	Baked beans Fresh chopped salad
Dessert	.Prepared fresh fruit salad in fruit juice .Fresh fruit of the day	.Apple crumble with custard .Fresh fruit of the day	.Fruit yogurt .Non-dairy fresh fruit pieces (grapes/watermelon /pineapple) .Fresh fruit of the day	.Homemade oatly flapjack .Fresh fruit of the day	.Blueberry muffin .Fresh fruit of the day

Week beginning; Mon 11th Sept/ **Mon 2nd Oct**/ Mon 30th Oct/ **Mon 20th Nov**/Mon 11th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese bake with garlic bread	Mild chilli con carne with steamed rice	Roast chicken with roast potatoes, Yorkshire pudding, gluten-free gravy	Spaghetti with homemade bolognese sauce	Salmon fillet and chips
Dairy free alternative	Dairy free pasta with homemade tomato and vegetable blended sauce	Pasta with homemade vegetarian lentil mince bolognese sauce	Roast quorn fillets with roast potatoes, Yorkshire pudding, gluten-free gravy	Mild chilli con verdura with black eyed peas and steamed rice	Chilli chick pea burrito with fresh vegetables and chips
Sides	Fresh steamed broccoli	Steamed fresh whole green beans	Mixed vegetables	Steamed fresh broccoli	Fresh steamed carrot
Dessert	.Prepared fresh fruit salad in fruit juice .Fresh fruit of the day	.Plain vanilla sponge with custard .Fresh fruit of the day	.Fruit yogurt .Non-dairy fresh fruit pieces (grapes/watermelon /pineapple) .Fresh fruit of the day	.Homemade oat and sultana flapjack .Fresh fruit of the day	.Shortcake biscuit .Fresh fruit of the day

Week beginning; Mon 18th Sept/ **Mon 9th Oct**/ Mon 6th Nov/ **Mon 27th Nov**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegetarian pizza with well chopped red onion, red pepper, mozzarella cheese & fresh tomato sauce base	Beef cottage pie with mashed potato topping	Mild and tasty lamb stew in tomato and herb sauce	Mild chicken and butternut squash sweet curry with steamed rice	Fish fingers and sweet potato wedges
Vegetarian		Vegetarian mince (non-quorn) cottage pie with mashed potato topping	Mild and tasty five bean stew in tomato and herb sauce	Butternut squash and bean sweet curry with steamed rice	Yellow pea and winter vegetable pasties with sweet potato wedges
Sides	Corn on the cob Fresh salad – lettuce, tomato, cucumber and sweetcorn	Steamed fresh sugar snap peas Fresh chopped salad	Flat breads Fresh chopped salad with feta option	Steamed fresh broccoli Fresh chopped salad	Peas Fresh chopped salad
Dessert	.Prepared fresh fruit salad in fruit juice .Fresh fruit of the day	.Chocolate sponge with custard .Fresh fruit of the day	.Fruit yogurt .Non-dairy fresh fruit pieces (grapes/watermelon / pineapple) .Fresh fruit	.Homemade oat and chopped apricot flapjack .Fresh fruit of the day	.Blueberry muffin .Fresh fruit of the day