

Ark Atwood Primary Academy Spring Menu

Please only complete if your child/children are in Nursery-Year 2

Child's Name: _____

Class: _____

ALL MEAT IS HALAL

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

Menu 1

Weeks Beginning: 1st January, 22nd January, 19th February, 12th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegetable pasta (tomatoes, courgettes, peppers, mushrooms) with grated cheese	Mild chicken curry	Chicken sausages with gravy	BBQ chicken	Breaded cod
Vegetarian		Mild vegetable curry	Vegetarian sausages with gravy	BBQ Quorn fillets	Cheese & onion lattice
Sides	Corn on the cob Salad	Steamed rice Broccoli	Mashed potatoes Peas & carrots	New potatoes Salad	Chips Baked beans
Dessert	Fresh fruit of the day	Apple crumble & custard Fresh fruit of the day	Yogurt Fresh fruit of the day	Shortbread & milkshake Fresh fruit of the day	Blueberry muffin Fresh fruit of the day

Menu 2

Weeks Beginning: 8th January, 29th January, 26th February, 19th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese bake	Chilli con carne	Roast chicken	Spaghetti bolognese	Salmon fillets
Vegetarian		Vegetarian chilli con carne	Roast Quorn fillets	Vegetable bolognese	Vegetable Kiev
Sides	Corn on the cob Salad	Steamed rice Green beans	Roast potatoes Yorkshire pudding Mixed vegetables Gravy	Pasta Salad	Chips Carrots
Dessert	Fresh fruit of the day	Vanilla sponge & custard Fresh fruit of the day	Yogurt Fresh fruit of the day	Fresh fruit of the day	Blueberry muffin Fresh fruit of the day

Menu 3

Weeks Beginning: 15th January, 5th February, 5th March, 26th March

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Tomato & basil pasta with grated cheese	Homemade chicken pizza	Mild lamb curry	Chicken stir fry	Fish fingers
Vegetarian		Homemade vegetarian pizza	Mild vegetable curry	Vegetable stir fry	Yellow pea and winter vegetable pasties
Sides	Corn on the cob Salad	Garlic bread Greek salad (cucumber, tomato, rocket and feta)	Steamed rice Green beans	Noodles	Sweet potato wedges Peas
Dessert	Fresh fruit of the day	Chocolate sponge & custard Fresh fruit of the day	Fresh fruit of the day	Fresh fruit of the day	Blueberry muffin Fresh fruit of the day

