

ARK Atwood Primary Academy Autumn Menu 17th Sept – 21st Dec 2018
Please only complete if your child/children are in Nursery-Year 2

Child's Name: _____

Class: _____

- All meat is Halal
- Desserts and Sides do not have to be selected

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

Week beginning: Monday 17th September, Monday 8th October, Monday 5th November, Monday 26th November, Monday 17th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegetable Spaghetti Bolognese	Chicken Pie	Mild Lamb curry	Beef Shepherd's Pie	Fish Fingers
Vegetarian		Vegetable Pie	Mild Vegetarian Curry	Quorn Shepherd's Pie	Yellow pea & winter vegetable pasties
Sides	Corn on the Cob Salad	Roasted new potatoes	Steamed rice Green beans		Chips Baked Beans
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

Week beginning: Monday 24th September, Monday 15th October, Monday 12th November, Monday 3rd December

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegetable Stir Fried Rice	Mild Chicken Curry	Chicken Sausages with gravy	BBQ Chicken	Battered 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 Vegetables	Chips Baked Beans
Dessert	Fresh Fruit of the day	Yoghurt Fresh fruit of the day	Apple crumble & custard Fresh fruit of the day	Shortbread & Milkshake Fresh fruit of the day	Blueberry Muffin Fresh fruit of the day

Week beginning: Monday 1st October, Monday 29th October, Monday 19th November, Monday 10th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Quorn Lasagne	Chilli con carne	Roast chicken	Sweet & Sour Chicken	Fish Burger in a Bun
Vegetarian		Vegetable chilli con carne	Roast Quorn fillets	Quorn Sweet & Sour Chicken	Vegetable kiev
Sides	Corn on the Cob Salad	Steamed rice Green beans	Roast potatoes Yorkshire pudding Mixed vegetables gravy	Rice	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

