



Ark Oval Primary Academy - School Dinner Menu - October 2022 - March 2023

Please note that we are a NUT free school and all our food is Halal certified

WEEK	DISH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k 1	Main Dish One	Macaroni Cheese (G,M)	Beef Meatballs in Tomato Sauce (E,G)	Roast Turkey with Gravy (G,S)	Sausages and Gravy (G,S,Su)	Fish Fingers (G,F)
	Main Dish Two (Vegetable)	Roasted Vegetable Pasta Bake (G,M)	Butternut Squash and Lentil Balls in Tomato Sauce (E,G)	Vegetable Pie (C,G,S)	Vegetarian Sausages Gravy (G,S,Su)	Chilli Bean Wrap (G)
	Side Dishes	Mixed Salad	Penne Pasta (G) Mixed Vegetables	Roast Potatoes Broccoli and Steamed Carrots	Mashed Potato (M) Peas and Sweetcorn	Chips, Baked Beans and Peas
	Dessert	Fresh Fruit and Yoghurt (M)	Fresh Fruit and Yoghurt (M)	Fresh Fruit and Yoghurt (M)	Fresh Fruit and Yoghurt (M)	Chocolate Cookies (E,G,M) Fresh Fruit and Yoghurt (M)

W e e k 2	Main Dish One	Margarita Pizza (G,M)	Chilli Con Carne	Roast Chicken with Gravy (G,S)	Beef Bolognese	Chicken Goujons (G,Su)
	Main Dish Two (Vegetable)	Pesto Pasta (G)	Bean Chilli	Vegetable Frittata (E,G,M)	Tomato and Herb Pasta (G)	Vegetable Nuggets (G,Su)
	Side Dishes	Potato Wedges Sweetcorn	Rice Mixed Vegetables	Roast Potatoes Mixed Vegetables	Pasta Sweetcorn Steamed Vegetables	Chips, Peas and Baked Beans
	Dessert	Fresh Fruit and Yoghurt (M)	Fresh Fruit and Yoghurt (M)	Fresh Fruit and Yoghurt (M)	Fresh Fruit and Yoghurt (M)	Oat and Raisin Cookie (EGM) Fresh Fruit and Yoghurt (M)

W e e k 3	Main Dish One	Peppers and Vegetable Pasta Bake (G)	Beef Lasagne (E,G,M)	Roast Turkey with Gravy (G,S)	Chicken Korma (C)	Battered Fish (G,F)
	Main Dish Two (Vegetable)	Cheese and Onion Quiche (E,G,M)	Vegetarian Lasagne (E,G,M)	Roasted Vegetable Slice (E,G,M)	Sweet Potato and Chickpea Curry (C)	Quorn Dippers
	Side Dishes	Garlic Green Beans	Sweetcorn Broccoli	Roast Potatoes Savoy Cabbage and Steamed Carrots	Steamed Rice Green Beans Sweetcorn	Chips, Peas and Baked Beans
	Dessert	Fresh Fruit and Yoghurt (M)	Fresh Fruit and Yoghurt (M)	Fresh Fruit and Yoghurt (M)	Fresh Fruit and Yoghurt (M)	Shortbread (E,G,M) Fresh Fruit and Yoghurt (M)

Available every day every week

Jacket Potato with a choice of Tuna (F,E) Beans or Cheese plus a Side Salad of Tomatoes (RT), Cucumber, Lettuce and Coleslaw.

Jacket Potatoes can also be served with any main dish of the day such as Sausages, Curry, Noodles, Chilli etc

ALLERGEN KEY

Celery - C	Cereals/Gluten - G	Crustaceans - Cr	Eggs - E	Fish - F	Lupin - L	Milk - M
Molluscs - Mo	Mustard - Mu	Nuts - N	Peanuts - P	Sesame - Se	Soya - S	Sulphur - Su

Week 1	31-Oct	21-Nov	12-Dec and 05-Jan	23-Jan	20-Feb	13-Mar
Week 2	07-Nov	28-Nov	09-Jan	30-Jan	27-Feb	20-Mar
Week 3	14-Nov	05-Dec	16-Jan	06-Feb	06-Mar	27-Mar