

Ark Oval Primary Academy - School Dinner Menu - Autumn / Winter 2021



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

WEEK	DISH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Main Dish One	Roasted Vegetable Pasta Bake (G,W,E)	Chicken Korma (C,M)	Slow Roast Lamb with Yorkshire Pudding and Gravy (E,M)	Sweet Chilli Beef Noodles (E,W,G)	Chicken Goujons and Chips (W,D,G)
	Main Dish Two (Vegetable)	Chive and Cheddar Cheese Quiche with Short Crust Pastry (G,W,E,D,M)	Vegetable Curry (C,M)	Vegetable Pasty (G,W,D)	Sweet Chilli Mixed Vegetable Noodles (E)	Vegan Nuggets - Made with Vegetables (W)
	Side Dishes	Sweetcorn	Fragrant Steamed Rice and Steamed Green Beans	Roast Potatoes, Green Cabbage and Steamed Carrots	Mixed Salad	Chips, Baked Beans and Peas
	Dessert	Fresh Fruit and Yoghurt (M,D)	Fresh Fruit and Yoghurt (M,D)	Fresh Fruit and Jelly (Free from Gelatine)	Fresh Fruit and Yoghurt (M,D)	American Cookies (G, W,M,E) Fresh Fruit and Yoghurt (M,D)

Week 2	Main Dish One	Vegetarian Quorn Mince Cottage Pie	Sausage and Mash with Gravy (G, W,D,M)	Roast Beef with Yorkshire Pudding and Gravy (G, W,E,D)	Jerk Chicken (SY)	Fish Fingers and Chips (F,W)
	Main Dish Two (Vegetable)	Vegetarian Lasagne (M,D,W,G)	Vegetable Sausages and Mash with Gravy (G,W,D,M)	Macaroni Cheese (M,D,W,G)	Creole Style Red Bean and Potato Gumbo	Vegetable Nuggets and Chips (G, W)
	Side Dishes	Green Beans	Mixed Vegetables	Roast Potatoes, Steamed Carrots and Green Cabbage	Steamed Rice with Mixed Vegetables	Chips, Peas and Baked Beans
	Dessert	Fresh Fruit and Yoghurt (M,D)	Fresh Fruit and Yoghurt (M,D)	Angel Delight and Fresh Fruit (M,D)	Fresh Fruit and Yoghurt (M,D)	American Cookies (G,W,M,E) Fresh Fruit and Yoghurt (M,D)

Week 3	Main Dish One	Margarita Pizza with Potato Wedges (G,W,E,D)	Beef Lasagne and Garlic Bread (G,D,M,W)	Roast Chicken with Gravy	Chilli Con Carne	Sausages and Caramelised Onion Gravy (G,W)
	Main Dish Two (Vegetable)	Tomato Pasta Bake (W,E)	Vegetarian Lasagne (G,D,M,W)	Roasted Vegetable Pie (W,E)	Vegetable Chilli Con Carne	Vegetarian Sausages and Onion Gravy
	Side Dishes	Mixed Vegetables	Green Beans	Roast Potatoes, Green Cabbage and Steamed Carrots	Steamed Rice and Garden Vegetables	Chips, Peas and Baked Beans
	Dessert	Fresh Fruit and Yoghurt (M,D)	Fresh Fruit and Yoghurt (M,D)	Fresh Fruit and Jelly (Free from Gelatine)	Fresh Fruit and Yoghurt (M,D)	Cookies (G,W,M,E) Fresh Fruit and Yoghurt (M)

Available every day every week

Jacket Potatoe 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

W - Contains Wheat / Flour M - Contains Milk D - Dairy RT - Raw Tomatoes F - Fish G - Contains Gluten
L - Lupin SY - Contains Soya Sauce E - Contains Egg MUS - Contains Mustard CM - Coconut Milk

Date	Menu Week
06-Sep	1
13-Sep	2
20-Sep	3
27-Sep	1
04-Oct	2
11-Oct	3
18-Oct	1
25-Oct	2
01-Nov	3
08-Nov	1
15-Nov	2
22-Nov	3
29-Nov	1
06-Dec	2
13-Dec	3
20-Dec	1

