



ARK PRIORY PRIMARY ACADEMY

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Cheese and tomato pasta bake GL,D	BBQ chicken fajitas GL	Spaghetti Bolognese GL	Fish fingers GL	Chilli Con Carne with rice
		BBQ Veggie fajitas GL	Veggie Spaghetti Bolognese GL	Veggie fingers GL	Vegetable Chilli with rice
Side Dishes	Broccoli	Sweetcorn and house salad	House Salad	Chips and beans	Green beans
Desserts	Fresh Fruit Salad	Fruit Jelly	Lemon Drizzle Cake GL,D	Fresh Fruit Salad	Beetroot & Chocolate cake E,GL

Week Commencing, 02/11, 23/11, 14/12.

There is always bread and fruit available daily.



ARK PRIORY PRIMARY ACADEMY

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Jacket potato with a choice of: tuna mayo/beans/c heese D	Shepherd's pie (with mash) D	Chicken and roasted veg tray bake	Breaded cod and chips GL	Bbq Chicken & Vegetable Pasta GL
Vegetarian		Veggie Pie (with mash) D	Quorn and roasted veg tray bake E	Cheese & Vegetable Whirl and chips GL,D	Courgetti and aubergine pasta
Side Dishes	House Salad	Carrots	Greens beans	Peas	House Salad
Desserts	Fresh Fruit Salad	Parsnip & Orange Spiced Cake E,GL	Fresh Fruit Salad	Fruit Jelly	Apple Cake E,GL

Week commencing: 09/11, 30/11

There is always bread and fruit available daily.



ARK PRIORY PRIMARY ACADEMY

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Cheese and Tomato Pizza GL,D	Sausage, mash potato and beans GL,D	Roast chicken with potatoes and carrots/peas	Fish pie with mash D	Lasagna GL,D
Vegetarian		Quorn Sausage, mash potato and beans GL,E	Roasted vegetable bake	Veggie pie with mash D	Veg Lasagna GL,D
Side Dishes	House Salad	Broccoli	Potatoes	Green beans	House Salad
Desserts	Fresh Fruit Salad	Fruit Jelly	Lemon & Ginger Cake E,GL	Fresh Fruit Salad	Raisin Cookies E,D

Week Commencing, 16/11, 07/12.

There is always bread and fruit available daily.