



ARK PRIORY PRIMARY ACADEMY

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Cheese and tomato pasta bake	Chicken Breast with a creamy mushroom sauce	Jacket potato with a choice of: tuna mayo/beans/c heese	Fish fingers	Roast chicken thigh
		Quorn pieces with a creamy mushroom sauce		Veggie fingers	Quorn fillet
Side Dishes	Broccoli	Rice and beans	House Salad	Chips and beans	Winter vegetables and mashed potatoes
Desserts	Fruit Jelly	Lemon and poppy seed cake	Fresh Fruit Salad	Flapjack	Beetroot Brownie

Week Commencing, 1/11, 22/11, 13/12

There is always bread and fruit available daily.



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Jacket potato with a choice of: tuna mayo/beans/cheese	Lasagna	Chicken and leek pie	Roast beef	Fish Cake
Vegetarian		Veg Lasagna	Cheese Whirl	Roasted Butternut Squash	Vegan Sausage roll
Side Dishes	House Salad	House Salad	Green beans and mashed potatoes	Roast Potatoes Winter Vegetables & gravy	Wedges & peas
Desserts	Fruit Jelly	Pineapple cake	Flapjack	Fresh Fruit Salad	Carrot cake

Week Commencing: 08/11, 29/11

There is always bread and fruit available daily.



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Penne Verdura	Shepherd's pie	Chicken burger	Beef Sausage	Jacket potato with a choice of: tuna mayo/beans/cheese
Vegetarian		Veggie Shepherd's pie	Bean burger	Quorn Sausage	
Side Dishes	House Salad and Garlic Bread	Peas	Wedges and House Salad	Broccoli and mash potato	House Salad
Desserts	Fruit Jelly	Fresh fruit salad	Flapjack	Fresh fruit salad	Lemon and poppy seed cake

Week commencing: 15/11, 6/12,

There is always bread and fruit available daily.