



Ark Globe Academy

Summer Lunch Menu 1

Week beginning:
01/05/2023 & 22/05/2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Chicken Chettinad (Chicken Curry) (G/MK/CE)	Beef and Onion Pie (G/CE)	Jerk Spice marinated roast Chicken (CE/G/SO)	Irish Lamb Stew (G/CE)	Battered pollock fillet (G/E/F)
Veggie Mains	Mexican Mix Beans Tortilla Wrap with Cheese (G/SO/CE/MK) Vegetable Burger (G/MK)	Vegan Quorn and Vegetable Pie (G/CE) Macaroni Cheese (G/SMK/CE)	Sweet Potato, Okra and Spinach Curry Roasted Vegetable and Brie Cheese Strudel (E/G/MK)	Roasted Vegetable and Sundried Tomato Pasta (G/CE) Cheese and Mushroom Omelette (E/G/MK)	Homemade Onion Bhaji Quorn Mince filled Tacos with Tomato Salsa (G/MK/SO)
Sides	Pilaf Rice Broccoli and Cauliflower Salad Bar	Parsley Sautéed New Potato Savoy Cabbage and Sweetcorn Salad Bar	Rice N Peas (CE) Carrot and Slice Beans Salad Bar	Creamy Mashed Potato (MK) Carrot and Sweetcorn Salad bar	Thick Cut Chips, Baked Beans and Mushy Peas Salad bar
Daily	Jacket potatoes with a selection of toppings, Fruit Salad and Yoghurt Fresh Baguette (Chicken/Cheese/Tuna) WRAP OF THE DAY				
Desserts	Fresh Fruit Salad Mango Yoghurt (MK)	Marble Sponge Cake with Chocolate Sauce (E/G/MK)	Fresh Fruit Salad Mixed Berries Yoghurt with Oat Granola (G/MK)	Fresh Fruit Salad Tropical Fruit Cake with Custard (G/MK)	Fresh Fruit salad Ice-cream (MK)
We use halal meat All allergies or special dietary information are provided during lunch service, for more information please asks a member of catering team for assistance.					
Allergens Key: CE-Celery, F-Fish, MK-Milk, N-Nuts, SO-Soya CR-Crustacean, G-Cereals, containing gluten, Mo-Molluscs, P-Peanuts, SU-Sulphur Dioxide, E-Eggs, L=Lupin, MU-Mustard, SE-Sesame Seeds, *-May contain					