



Ark Globe Academy

Summer Lunch Menu 3

Week beginning:
15/05/2023 & 05/06/2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Mexican Chili Chicken With Tortilla Wrap (G/MK/CE)	Veggie Pasta Baked (G/MK/CE)	Garlic and Herbs Marinated Chicken with Gravy (CE/G)	Chili Con Carne (Beef) (CE)	Catch of the Day Battered Pollock Tartare Sauce (G/E/F)
Veggie Mains	Curried Potato and Lentil Roti (CE/G) Stir fried Vegetable with Tofu (CE/SO)	Chicken and Eggs Fried Rice (E/SO/CE) Moroccan Vegetable Tagine Couscous (G/CE)	Vegetable Quesadillas with Salsa (G/MK/CE) Spinach Risotto stuff Pepper (CE)	Vegetable Hot Pot Potato and Cauliflower Gratin (CE/G/MK) Vegetable Pie (CE/E/G)	Roasted Vegetable and Brie Cheese Parcels (G/E/MK) Vegetable Chili (CE/SO)
Sides	Roasted Vegetables Spicy Potato Wedges (G) Salad Bar	Garlic and Herbs Slice (G) Chicken and egg Fried Rice (CE/SO/G) Salad Bar	Roasted Potato Yorkshire Pudding (E/G/MK) Roast Vegetable Salad Bar	Steamed Rice Roasted Cauliflower and Broccoli Salad bar	Thick Cut Chips Carrot and 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 Fruit Yoghurt with Granola (MK/G)	Fresh Fruit Salad Apple and Cinnamon Sponge Cake with custard sauce (E/G/MK)	Fresh Fruit Salad Blueberry Yoghurt (MK)	Try Baked Chocolate Orange Cake with Chocolate Frosting (E/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					