

WEEK 1

Ark St Albans Academy



	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Spiced Chicken Wings <small>*(MU/PN/TN/SD)</small>	Lamb Seekh Kebab & Khobez Bread <small>*(SY/GL/SD)</small>	Battered Chicken Breast Burger <small>*(EG/GL/SD/MU)</small>	Beef Lasagne <small>*(GL/MK/SD)</small>	Southern Fried Chicken Goujons <small>*(MK/EG/GL/SD/CL)</small>
Vegetarian	Macaroni Cheese <small>*(GL/EG/SD)</small>	Spinach & Chickpea Curry <small>*(GL/SD/MU/PN/TN)</small>	Veggie Burger <small>*(MU/GL)</small>	Cheese & Tomato Pizza <small>*(GL/MK/SD)</small>	Baked Potatoes with Cheese & Beans <small>*(MK)</small>
Sides	Jacket Wedges Mixed Vegetables	Golden Rice	Chipped Potatoes Baked Beans	Sauteed Potatoes Sweetcorn	Jacket Wedges Baked Beans

Sandwich Bar	Cheese Selection	Tuna Selection	Chicken Selection	Sweet Treat
	Plain Cheese	Tuna Mayonnaise	Plain Chicken	Cookie
	Cheese & Coleslaw	Tuna & Cucumber	Cajun Chicken	Muffin
	Cheese & Onion	Tuna & Onion	Sweet Chilli Chicken	Fruit
	Cheese	Tuna Salad	Chicken Mayo & Sweetcorn	
	Cheese & Salad	Tuna & Sweetcorn	Chicken & Salad	
	Cheese & Tomato		Chicken & Coleslaw	
	<small>*(GL/MK/EG/MU/SD)</small>	<small>*(FS/GL/MK/MU/SD)</small>	<small>*(GL/MK/EG/MU/SD)</small>	<small>*(GL/MK/EG)</small>



	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Spiced Chicken Legs *(MU/PN/TN/SD)	Lamb Lasagne *(SD/GL/MK/EG)	Beef Burger *(GL/SD/EG)	Chicken Tikka Curry *(MK/EG/MU/SD)	Jumbo Fish Fingers *(MK/MU/FS/GL/SD)
Vegetarian	Cheese & Onion Pastie *(SD/GL/EG/MK)	Cheese & Tomato Pizza *(GL/MK/SD)	Cheese & Onion Pastie *(SD/GL/EG/MK)	Vegetable Curry *(GL/SD/MU/PN/TN)	Vegetable Pasta Bake *(GL/SD/EG)
Sides	Jacket Wedges Mixed Vegetables	Sauteed Potatoes Sweetcorn	Chips Baked Beans	Pilau Rice Mixed Vegetables	Jacket Wedges Sweetcorn

Sandwich Bar	Cheese Selection	Tuna Selection	Chicken Selection	Sweet Treat
	Plain Cheese	Tuna Mayonnaise	Plain Chicken	Cookie
	Cheese & Coleslaw	Tuna & Cucumber	Cajun Chicken	Muffin
	Cheese & Onion	Tuna & Onion	Sweet Chilli Chicken	Fruit
	Cheese	Tuna Salad	Chicken Mayo & Sweetcorn	
	Cheese & Salad	Tuna & Sweetcorn	Chicken & Salad	
	Cheese & Tomato		Chicken & Coleslaw	
	*(GL/MK/EG/MU/SD)	*(FS/GL/MK/MU/SD)	*(GL/MK/EG/MU/SD)	*(GL/MK/EG)



	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Piri Piri Spiced Chicken Drumsticks *(MU/PN/TN)	Lamb Kofta Kebab Wrap *(SY/GL/SD)	Sausage & Veg Casserole *(GL/SY/EG)	Chinese Chicken Curry *(GL/MK/SD)	Southern Fried Chicken Escalope *(EG/GL/SD/CL)
Vegetarian	Macaroni Cheese *(GL/EG/MK/SD)	Cheese & Potato Pie *(MK)	Quorn Sausage Casserole *(GL/SY)	Vegetable Spring Rolls *(MU/TN/PN/CL/GL/SY/MK/EG)	Baked Potatoes with Cheese & Beans *(MK)
Sides	Sauteed Potatoes Mixed Vegetables	Jacket Wedges Sweetcorn Gravy	Mashed Potatoe Carrots & Peas Gravy	Chinese Rice Sweetcorn Peppers Sweet Chilli Sauce	Chips Baked Beans

Sandwich Bar	Cheese Selection	Tuna Selection	Chicken Selection	Sweet Treat
	Plain Cheese	Tuna Mayonnaise	Plain Chicken	Cookie
	Cheese & Coleslaw	Tuna & Cucumber	Cajun Chicken	Muffin
	Cheese & Onion	Tuna & Onion	Sweet Chilli Chicken	Fruit
	Cheese	Tuna Salad	Chicken Mayo & Sweetcorn	
	Cheese & Salad	Tuna & Sweetcorn	Chicken & Salad	
	Cheese & Tomato		Chicken & Coleslaw	
	*(GL/MK/EG/MU/SD)	*(FS/GL/MK/MU/SD)	*(GL/MK/EG/MU/SD)	*(GL/MK/EG)

ALLERGY INFORMATION FOR SCHOOL MEALS



Product	Key
Peanuts	PN
Tree Nuts	TN
Sesame	SE
Mustard	MU
Soya	SY
Gluten	GL
Sulphur Dioxide	SD

Product	Key
Milk	MK
Lupin	LP
Eggs	EG
Fish	FS
Shellfish	SF
Molluscs	ML
Celery	CL