



# Ark Bentworth Primary Lunch Menu Week 1

**Autumn 2018**

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Beef Chilli Con Carne	BBQ Chicken Drumsticks	Cheese & Tomato Pizza	Roast Chicken	Fish Fingers
Veggie Mains	Vegetarian Chilli Con Carne	Falafal	Cheese & Tomato Pizza	Roast Quorn	Veggie Bean Burgers
Sides	Rice, Tortillas & Sweetcorn	Wedges & Coleslaw	Garlic Bread & Coleslaw	Roast Potatoes, Broccoli, Carrots & Gravy	Chips & Baked Beans
Jacket	Served daily with – Tuna – Beans - Cheese				
Sweets	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Friday Sweet Treat
Seasonal Salads Served Daily					



## Ark Bentworth Primary Lunch Menu Week 2

**Autumn 2018**

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Beef Lasagne	Chicken Pie	Cheese & Tomato Pizza	Chicken Curry	Fish Fingers
Veggie Mains	Vegetarian Lasagne	Vegetable Pie	Cheese & Tomato Pizza	Vegetable Curry	Veggie Bean Burgers
Sides	Garlic Bread & Coleslaw	Creamy Mash, Broccoli & Gravy	Potato Wedges & Coleslaw	Rice, Cauliflower & Pitta Bread	Chips & Baked Beans
Jackets	Served daily with – Tuna – Beans - Cheese				
Sweets	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Friday Sweet Treat
Seasonal Salads Served Daily					



## Ark Bentworth Primary Lunch Menu Week 3

**Autumn 2018**

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Chicken Sausages	Beef Quesadillas	Chicken Goujons	Spaghetti Bolognaise	Fish Fingers
Veggie Mains	Vegetarian Sausages	Vegetable Quesadillas	Vegetable Goujons	Vegetarian Bolognaise with Spaghetti	Veggie Bean Burgers
Sides	Creamy Mash, Carrots, Peas & Gravy	Roasted New Potatoes & Glazed Carrots	Sautéed Potatoes & Coleslaw	Garlic Bread & Salad	Chips & Baked Beans
Jackets	Served daily with – Tuna – Beans - Cheese				
Sweets	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Fresh Fruit & Yoghurt	Friday Treat
Seasonal Salad Served Daily					