



Autumn 2017



Ark Bentworth Primary Lunch Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Sweet Corn & Spicy Chicken Pizza	Chicken Sausages	Beef Lasagne	Southern Fried Chicken	Fish Fingers
Veggie Mains	Cheese & Tomato Pizza	Veggie Sausages	Veggie Lasagne	Southern Fried Quorn	Tomato & Mozzarella Sausage
Sides	Sweet Corn, Peas & Wedges	Potato Salad, Peas	Sweet corn & Mixed Peppers	Potato Wedges, & Coleslaw	Chips, Peas, Baked Beans
Jacket	Served daily with – Tuna – Beans - Cheese				
Sweets	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Friday sweet treat
	Bread & Seasonal Salads Served Daily				



Autumn 2017



Ark Bentworth Primary Lunch Menu week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Roast Chicken Drumstick with Gravy	Beef Sausage	Minced Lamb Enchiladas	Chicken Tomato Pasta Bake	Fish Fingers
Veggie Mains	Roast Quorn with Gravy	Veggie Sausage	Veggie Enchiladas	Veggie Tomato Pasta Bake	Tomato & Cheese Sausage
Sides	Roast Potatoes, Broccoli & Carrots	Mash, Peas & Broccoli	Wedges & Courgette	Salad & Mixed Veg	Chips, Peas & Beans
Jackets	Served daily with – Tuna – Beans - Cheese				
Sweets	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Friday treat
Bread & Seasonal Salads Served Daily					



Autumn 2017



Ark Bentworth Primary Lunch Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Mild Chicken Curry & Rice	Chicken Fajita Wraps	Minced Lamb Tandoori Kofta	Spaghetti Bolognese	Fish Fingers
Veggie Mains	Veggie Curry & Rice	Veggie Fajita Wraps	Macaroni Cheese	Veggie Bolognese	Tomato & Cheese Sausages
Sides	Naan bread	Mixed Veg & Sweet Chilli Potatoes	Wedges & Broccoli	Garlic Bread & Roasted Veg	Chips, Peas & Baked Beans
Jackets	Served daily with – Tuna – Beans - Cheese				
Sweets	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Friday treat
Bread & Seasonal Salad Served Daily					