



Summer 2018



Ark Bentworth Primary Lunch Menu Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|---|-------------------------|--|-------------------------|------------------------------|
| Meaty Mains | Sticky BBQ Chicken Drumsticks | Beef Pizza | Chicken Coujons | Chicken Pesto Burgers | Fish Fingers |
| Veggie Mains | Sticky BBQ Roasted Vegetables | Cheese & Tomato Pizza | Veggie Coujons | Veggie Pesto Burgers | Thai Green Vegetable Dippers |
| Sides | Noodles, Sweet corn & Peppers | Wedges & Salad | Garlic & Rosemary Roasted Potatoes & Salad | Salad & Coleslaw | Chips & 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 | | | | | |



Summer 2018



Ark Bentworth Primary Lunch Menu week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|---|-------------------------------|---|---------------------------|---------------------|
| Meaty Mains | Chicken Sausage Rolls | Moroccan Lamb Kofta in a Wrap | Chicken Fajitas with Onion & Mixed Pepper | Spaghetti Bolognese | Fish Fingers |
| Veggie Mains | Veggie Sausage Rolls | Veggie Kofta in a Wrap | Mixed Bean Fajitas | Quorn Bolognese | Bean Burgers |
| Sides | Salad & Sweet corn | Green Beans & Salad | Mexican Rice, Salsa & Sour Cream | Garlic Bread & Sweet corn | Chips & 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 Sweet Treat |
| Bread & Seasonal Salads Served Daily | | | | | |



Summer 2018



Ark Bentworth Primary Lunch Menu Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------|---|-------------------------|-----------------------------|-----------------------------------|---------------------|
| Meaty Mains | Chilli Con Carne & Rice | Chicken Hotdogs | Beef & Cheese Melt Baguette | Chicken Pasta in a Mushroom Sauce | Fish Fingers |
| Veggie Mains | Quorn Chilli Con Carne & Rice | Veggie Hotdogs | Veggie Baguette | Veggie Pasta in a Mushroom Sauce | Bean Burgers |
| Sides | Nachos, Sour Cream, Salsa & Cheese | Salad & Sweet corn | Green Beans & Salad | Broccoli | Chips & 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 | | | | | |