

Ark Bentworth Lunch Menu



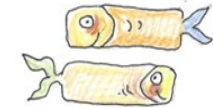
Monday

Tuesday

Wednesday

Thursday

Friday



Week 1
WC 05.09.22
WC 26.09.22
WC 17.10.22

Macaroni Cheese (1,8)
Vegan option
Tomato Pasta (1)
Broccoli

BBQ Chicken (1)
Veggie Dippers (1)
Mexican Rice
Coleslaw (5,8)
Pitta Bread (1)

Spaghetti Bolognese (1)
(Beef or Veg)
Mixed Veg
Garlic Bread (8)

Sausage (1,13)
(Chicken or Veg)
Mash
Peas & Carrots
Gravy (1)

Fish Fingers (6)
Veggie Fingers (1)
Chips
Baked Beans
Brown Bread (1)



Week 2
WC 12.09.22
WC 03.10.22

Veggie Lasagne (1)
Salad
Garlic Bread (1,8)

Roast Chicken or Veggie
Roasted New Potatoes
Roasted Mixed Veg
Yorkshire Pudding (1,5,8)
Gravy (1)

Jacket Potato with a choice of Cheese (8)
Tuna (6)
Beans

Beef Burgers (1)
Veggie Burgers (1)
Wedges (1)
Coleslaw (5,8)

Fish Fingers (6)
Veggie Fingers (1)
Chips
Baked Beans
Brown Bread (1)



Week 3
WC 19.09.22
WC 10.10.22

Veggie Chilli Cone
Carne (9,13)
Rice
Wraps (1)

Chicken Tenders (1,13)
Veggie Nuggets (1)
Wedges (1)
Beans

Mince Beef & Onion Pie (1)
Veggie Pie
New Potatoes
Carrots & Broccoli
Gravy

Chicken Noodles Stir Fry
Veggie Stir Fry (1,5,9)

Fish Fingers (6)
Veggie Fingers (1)
Chips
Baked Beans
Brown Bread (1)



Allergens Key	
Gluten	1
Celery	2
Peanuts	3
Tree nuts	4
Eggs	5
Fish	6
Crustacea	7
Dairy	8
Soy	9
Mustard	10
Sesame	11
Lupin	12
Sulphur	13
Molluscs	14

Jacket potatoes, salad and fresh fruit are available daily. A sweet treat is available every Friday.

We avoid knowingly purchasing nuts and nut products.

