

Ark Bentworth Lunch Menu



Week 1
WC 18.04.22
WC 09.05.22



Week 2
WC 25.04.22
WC 16.05.22



Week 3
WC 02.05.22
WC 23.05.22



Monday

Macaroni Cheese (1,8)
Salad
Brown Bread (1)
Vegan option—
Tomato Pasta

Roasted Pepper &
Tomato Penne Pasta (1)
Salad
Garlic Bread (1,8)

Veggie Pasta Bake with Cheese (1,8)
Salad
Garlic Bread (1,8)
Vegan option—
without cheese

Tuesday

Piri Piri (Chicken or Veggie) (1)
Rice
Coleslaw (5,8)
Mini Pitta Bread (1)

Sweet & Sour (Chicken or Veg) (1)
Rice
Bao Bun (1)

Chicken or Veggie Curry
Rice
Naan Bread (1)

Wednesday

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

Chicken Tenders (or Veg) (13)
Wedges
Coleslaw (5,8)

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

Thursday

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

Shepherds Pie (Beef or Veg)
Broccoli
Roasted Carrots
Brown Bread (1)

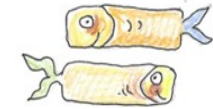
Roast Chicken or Veggie
Roasted New Potatoes
Roasted Mixed Veg
Yorkshire Pudding (1,5,8)
Gravy

Friday

Fish Bites (6)
Or Veggie Fingers
Chips
Baked Beans

Fish Fingers (6)
Or Veggie Fingers
Chips
Baked Beans

Battered Fish (6)
Or Veggie Fingers
Chips
Baked Beans



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.

