

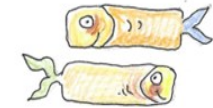
Ark Bentworth Lunch Menu



Week 1
WC
17/04/23
01/05/23
15/05/23
05/06/23
19/06/23
03/07/23
17/07/23



Week 2
WC
24/04/23
08/05/23
22/05/23
12/06/23
26/06/23
10/07/23



Monday

(V) Linguine nut free Pesto (1, 8)

Roasted Tomatoes and peppers

Jacket Potato Available

Salad Bar

Yoghurt/Fresh fruit

(V) Crispy topped Macaroni cheese (1,8)

(V) Home made Tomato Pasta (1)

Broccoli
Garlic Bread (1)
Salad Bar

Yoghurt/Fresh fruit

Tuesday

Toasted Panini with a choice of ... (1)
Cheese & tomato (8)
Tuna Melt (6)
Cajun chicken & cheese (8)
Salad Bar

Fresh fruit

Jacket Potato with a choice of...

Cheese (8)
Tuna (6)
Beans

Salad Bar

Fresh fruit

Wednesday

Caribbean Jerk Chicken
(V) Veggie Dippers (1)
Rice & Peas Gravy
Jacket Potato Available
Salad Bar
Jelly/Fresh fruit

Spaghetti Bolognaise (1)

(V) Veggie Bolognaise (1)
Mixed Veg
Jacket Potato available
Salad Bar

Jelly/Fresh fruit

Thursday

Cheese & tomato Pizza (1,8)
Home made Coleslaw (5,8)
Mixed bean salad
Jacket Potato Available
Salad Bar

Fresh fruit

Mini baguette chicken hotdog (1,9)

Potato Wedges
Baked Beans
Salad Bar

Fresh Fruit

Friday

Breaded Chicken mini fillet tenders (1)
(V) Veggie Fingers (1)
Chips
Mini Corn on the Cob
Brown Bread (1,9)
Salad Bar
Home Baked Cake (1,5,8,9)

Fish Fingers (6)

(V) Veggie Fingers (1)

Chips
Peas
Brown Bread (1,9)

Salad Bar
Ice-cream (8)

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

We avoid knowingly purchasing nuts and nut products.

