

THE SOUTH WOLDS ACADEMY

LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Other Options |
|---|--|--|---|--|---|
| <p><u>Week 1 – MAIN</u></p> <p>Thai green Vegetable curry with rice (M) Meat or vegetarian - Paninis Meat or veggie rustic pizza (G,M,S,W) Potted Basilica Pasta (G,W,S) Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M) Sausage roll (G,MTD,M,W) May contain nuts)</p> | <p><u>Week 1 – MAIN</u></p> <p>Jerk Chicken Rice and Peas (*) Jerk Quorn Rice and Peas (E) Meat or vegetarian - Paninis Meat or veggie rustic pizza (G,W,S,M) Potted Basilica Pasta (G,W,S) Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M)</p> | <p><u>Week 1 – MAIN</u></p> <p>Spaghetti Bolognaise Garlic slice (G,W,M) Quorn spaghetti Garlic slice (E,G,W,M,barley) Meat or vegetarian - Paninis Meat or veggie rustic pizza (G,W,S,M) Potted Basilica Pasta (G,W,S) Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M)</p> | <p><u>Week 1 – MAIN</u></p> <p>Sweet and sour Turkey with rice (C) Quorn Sweet & Sour with rice (E,C) Meat or vegetarian - Paninis Meat or veggie rustic pizza (G,M,S,W) Potted Basilica Pasta (G,W,S) Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M) Crispy coated Chicken burger (G,W) May contain sesame seeds</p> | <p><u>Week 1 MAIN</u></p> <p>Chips Fish & chips (F,G,W) Macaroni Cheese (M,W,G) May contain celery,egg,mustard,soya Breaded fish fingers (F,G,W) Meat or vegetarian - Paninis Meat or veggie rustic pizza (G,W,S,M) Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M)</p> | <p>Freshly made sandwiches and salads are available</p> <p>Gluten free options are also available</p>  <p><u>Prices</u></p> <p>Salads - £2.00 Sandwiches - £1.80 Wraps - £1.90 Baguettes - £1.90</p> |
| <p><u>Desserts</u></p> <p>A selection of the Desserts below will be available daily, various prices</p> <div style="display: flex; justify-content: space-around;">   </div> <p>Oaty sultana cookie Orange flapjack assorted Muffins assorted Dessert Assortment of the above</p> | | | | | |
| <p><u>KEY FOR ALLERGENS:</u></p> | | | | | |

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| C = CELERY | CR= CRUSTACIANS | E = EGG | F = FISH | G = GLUTEN | L = LUPIN | M = MILK | MTD = MUSTARD | N = NUTS | P = PEANUTS | S = SOYA | SES = SEASAME SEEDS | SULPH = SUPHUR DIOXIDE | W = WHEAT | *CONTAINS NO ALLERGENS |
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