

THE SOUTH WOLDS ACADEMY

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Other Options
<p><u>Week 2 – MAIN</u></p> <p>Roasted Vegetable Tostadas (G,W,M)</p> <p>Meat or vegetarian - Paninis Meat or veggie rustic pizza (G,M,S,W)</p> <p>Potted Basilica Pasta (G,W,S)</p> <p>Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M) Sausage roll (G,MTD,M,W) May contain nuts</p>	<p><u>Week 2– MAIN</u></p> <p>Sticky Korean Chicken & Korean Rice (W, G S)</p> <p>Sticky Korean Quorn & Korean Rice (v) (W,G,S)</p> <p>Meat or vegetarian - Paninis Meat or veggie rustic pizza (G,W,S,M)</p> <p>Potted Basilica Pasta (G,W,S)</p> <p>Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M)</p>	<p><u>Week 2 – MAIN</u></p> <p>Shepherds Pie (Barley, C, W, M,G,SULPH) May contain: Egg, mustard, soya</p> <p>Quorn Shepherds Pie (Barley, C, W, M,G,SULPH) May contain: Egg, soya, mustard</p> <p>Meat or vegetarian - Paninis Meat or veggie rustic pizza (G,W,S,M)</p> <p>Potted Basilica Pasta (G,W,S)</p> <p>Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M)</p>	<p><u>Week 2 – MAIN</u></p> <p>Beef Keema with Diced Potato (MTD)</p> <p>Quorn Keema with diced potato (v) (MTD,Barley,E)</p> <p>Meat or vegetarian - Paninis Meat or veggie rustic pizza (G,M,S,W)</p> <p>Potted Basilica Pasta (G,W,S)</p> <p>Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M)</p> <p>Crispy coated Chicken burger (G,W) May contain sesame seeds</p>	<p><u>Week 2–MAIN</u></p> <p>Chips</p> <p>Fish & chips (F,G,W)</p> <p>Macaroni Cheese (M,W,G) May contain celery,egg,mustard,soya</p> <p>Breaded fish fingers (F,G,W)</p> <p>Meat or vegetarian - Paninis Meat or veggie rustic pizza (G,W,S,M)</p> <p>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</p> <p>Sandwiches - £1.80</p> <p>Wraps - £1.90</p> <p>Baguettes - £1.90</p>
		<p><u>Desserts</u></p> <p>A selection of the Desserts below will be available daily, various prices</p> <p>Oaty Sultana cookie Orange flapjack assorted Muffins assorted Desserts Assortment of the above</p>			
<p><u>KEY FOR ALLERGENS:</u></p>					

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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