

# THE SOUTH WOLDS ACADEMY

## LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Other Options
<p><u>Week 1 – MAIN</u></p> <p>Pepperoni Pasta Bake (G,W,M)</p> <p>Meat or vegetarian - Paninis Margherita pizza (G,M,S,W)</p> <p>Potted Basilica Pasta (G,W,S)</p> <p>Jacket potatoes with cheese or beans or tuna (E,F,M)</p> <p>Sausage roll (G,MTD,M,W) May contain nuts)</p>	<p><u>Week 1 – MAIN</u></p> <p>Katsu Chicken curry with Rice (G,W,E,S,M)</p> <p>Katsu Quorn Curry With Rice (G,W,S,M)</p> <p>Meat or vegetarian - Paninis Margherita pizza (G,W,S,M)</p> <p>Potted Basilica Pasta (G,W,S)</p> <p>Jacket potatoes with cheese or beans or tuna (E,F,M)</p> <p>Korean Chicken Wrap</p>	<p><u>Week 1 – MAIN</u></p> <p>Spaghetti Bolognaise Garlic slice (G,W,M) May contain soya</p> <p>Quorn spaghetti bolognaise Garlic slice (S,G,W,M,)</p> <p>Meat or vegetarian - Paninis Margherita pizza (G,W,S,M)</p> <p>Potted Basilica Pasta (G,W,S,)</p> <p>Jacket potatoes with cheese or beans or tuna (E,F,M)</p>	<p><u>Week 1 – MAIN</u></p> <p>Meat or vegetarian - Paninis Margherita pizza (G,M,W,S)</p> <p>Potted Basilica Pasta (G,W,S)</p> <p>Jacket potatoes with cheese or beans or tuna (E,F,M)</p> <p>Crispy coated Chicken burger (G,W) May contain sesame seeds</p> <p>-</p>	<p><u>Week 1 MAIN</u></p> <p>Chips Fish &amp; 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 Margherita pizza (G,W,S,M)</p> <p>Jacket potatoes with cheese, or beans or tuna, (E,F,M)</p>	<p>Freshly made sandwiches and salads are available</p> <p>Gluten free options are also available</p>  <p>Salads</p> <p>Sandwiches</p> <p>Wraps</p> <p>Baguettes</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 Dessert Assortment of the above</p>					
					
<p><b><u>KEY FOR ALLERGENS:</u></b></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
---------------	--------------------	------------	-------------	---------------	--------------	-------------	------------------	-------------	----------------	-------------	------------------------	---------------------------	--------------	---------------------------