

# THE SOUTH WOLDS ACADEMY

## LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Other Options
<p><u>Week 2 – MAIN</u></p> <p>Taylor's Tart with Roast potato and veg (v) (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, beans, tuna, coleslaw (E,F,M)</p> <p>Sausage roll (G,MTD,M,W) (May contain nuts)</p>	<p><u>Week 2– MAIN</u></p> <p>Sticky Korean Chicken With Rice (S, W, G, Cereal )</p> <p>Sticky Korean Quorn with rice (v) (S, W, G, Cereal )</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, beans, tuna, coleslaw (E,F,M)</p> <p>Sticky Korean Chicken Wrap (G,S, W )</p>	<p><u>Week 2 – MAIN</u></p> <p>Shepherds Pie (Barley, C, W, M,G,SULPH)</p> <p>May contain: Egg, mustard, soya</p> <p>Quorn Shepherds Pie ✓ (Barley, C, W, M,G,SULPH)</p> <p>May contain: Egg, soya, mustard</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, beans, tuna, coleslaw (E,F,M)</p>	<p><u>Week 2 – MAIN</u></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, 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 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, 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>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 Desserts Assortment of the above</p>					
<p><b>KEY FOR ALLERGENS:</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
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