

THE SOUTH WOLDS ACADEMY

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Other Options
<p><u>Week 3 – MAIN</u></p> <p>Sweet and sour Vegetables with Rice</p> <p>(none)</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 3 – MAIN</u></p> <p>Sausage in gravy with Creamy Mash and Vegetables</p> <p>(W,G ,barley, C, M ,sulph , HOSO)</p> <p>(May contain E, MTD, S)</p> <p>Quorn in gravy with Creamy Mash and Vegetables</p> <p>(W,G ,barley, C, M, sulph)</p> <p>(May contain E, MTD, S)</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 Wraps (G,S, W)</p>	<p><u>Week 3 – MAIN</u></p> <p>Aromatic Balti Chicken with Rice</p> <p>(M,)</p> <p>Aromatic Balti Quorn With Chickpeas and Rice</p> <p>(M, EGG)</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 3 – 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>-</p>	<p><u>Week 3 - MAIN</u></p> <p>Chips</p> <p>Fish & chips (F,G,W)</p> <p>Macaroni Cheese (M,W,G)</p> <p>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 Dessert 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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