

THE SOUTH WOLDS ACADEMY

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Other Options
<p><u>Week 3 – MAIN</u></p> <p>Summer wrap with veggie fries</p> <p>(W,G,C ,S,SULPH, 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 (E,F,M)</p> <p>Sausage roll (G,MTD,M,W) May contain nuts)</p>	<p><u>Week 3 – MAIN</u></p> <p>Sweet and sour Chicken And Rice (G, W)</p> <p>Quorn Sweet and sour With Rice (G, W)</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 (E,F,M)</p>	<p><u>Week 3 – MAIN</u></p> <p>Beany beef loaded Rice (*) Beany Meat free loaded Rice (Egg ,Barley)</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, (E,F,M)</p>	<p><u>Week 3 – MAIN</u></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, (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 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 (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 Muffins 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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