

# THE SOUTH WOLDS ACADEMY

## LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Other Options
<p><u>Week 2 – MAIN</u></p> <p>Sri Lankan sweet potato &amp; green bean curry &amp; rice (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>Chicken &amp; broccoli bake (M,W,G)</p> <p>Creamy cheese Quorn &amp; broccoli bake (M,W,G,E)</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 Patitsio (G, M, W)</p> <p>Quorn Patitsio (E, G, W,M)</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) Cheese &amp; tomato pizzini (W,M,G)</p>	<p><u>Week 2 – 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, coleslaw (E,F,M) Crispy coated Chicken burger (G,W) May contain sesame seeds</p>	<p><u>Week 2–MAIN</u></p> <p>Chips</p> <p>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 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>Cold Items</u></p> <p>Salads</p> <p>Sandwiches</p> <p>Wraps</p> <p>Filled Rolls</p>
<p><u>Desserts</u></p> <p>A selection of the Desserts below will be available daily, various prices</p> <p>Oaty cocoa cookie flapjack assorted Cupcakes assorted slice 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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