THE SOUTH WOLDS ACADEMY   LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Other Options
Week 3 – MAIN Pasta bake with vegetables (G,W, M,) Meat or vegetarian - Paninis Meat or veggie pizza (G,M,S,W) Potted Basilica Pasta (G,W,S) Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M) Sausage roll (G,MTD,M,W) May contain nuts)	**_Week 3 – MAIN_** Sausage in gravy with Creamy Mash and Vegetables (W,G ,barley, C, M ,sulph) (May contain E, MTD, S) Quorn in gravy with Creamy Mash and Vegetables (W,G ,barley, C, M, sulph) (May contain E, MTD, S) Meat or vegetarian - Paninis Meat or veggie pizza (G,W,S,M) Potted Basilica Pasta (G,W,S) Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M) Sticky Korean Chicken Wraps (G,S, W)	**_Week 3 – MAIN_** Aromatic Balti Chicken With Rice (*) Aromatic Balti Quorn With Rice (EGG) Meat or vegetarian - Paninis Meat or veggie pizza (G,W,S,M) Potted Basilica Pasta (G,W,S,) Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M)	**_Week 3 – MAIN_** Meat or vegetarian - Paninis Meat or veggie pizza (G,M,S,W) Potted Basilica Pasta (G,W,S) Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M) Crispy coated Chicken burger (G,W) May contain sesame seeds -	**_Week 3 - MAIN_** Chips Fish & chips (F,G,W) Macaroni Cheese (M,W,G) May contain celery, egg, mustard, soya Breaded fish fingers (F,G,W) Meat or vegetarian - Paninis Meat or veggie pizza (G,W,S,M) Jacket potatoes with cheese, beans, tuna, coleslaw (E,F,M)	**Freshly made sandwiches and salads are available** **Gluten free options are also available** Salads Sandwiches Wraps Filled Rolls

Desserts

A selection of the Desserts below will be available daily, various prices

Oaty sultana cookie
Orange flapjack
assorted Muffins
assorted Dessert
Assortment of the above

KEY FOR ALLERGENS:

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