

THE SOUTH WOLDS ACADEMY

LUNCH MENU

MONDAY

Week 1 – MAIN

Creamy Vegetable Pasta bake

(W,G,M)

May contain Celery, Egg Mustard
Soya

Meat or vegetarian - Paninis
Cheese rustic pizza
(G,M,S,W)

Potted Basilica Pasta
(G,W,S)

Jacket Wedges with cheese,
Beans
(M)

Sausage roll
(G,MTD,M,W) May contain
nuts)



TUESDAY

Week 1 – MAIN

Katsu Chicken curry
with Rice

(G, S,W, E, M)

Katsu Quorn curry
with Rice
(G,S,W,M)

Meat or vegetarian - Paninis
Cheese rustic pizza
(G,W,S,M)

Potted Basilica Pasta
(G,W,S)

Jacket Wedges with Sweet chilli
sauce and cheese
(M)

WEDNESDAY

Week 1 – MAIN

Lasagne with
Garlic slice

(G,W,M)

May contain: C, E, mtd, Soya

Quorn Lasagne
Garlic slice
(E,G,W,M,barley)
May contain Mtd,Soya

Meat or vegetarian - Paninis
Cheese rustic pizza
(G,W,S,M)

Potted Basilica Pasta
(G,W,S,)

Jacket Wedges with cheese, beans,
(E,F,M)

Desserts

Oaty sultana cookie
Flapjack
Assorted Dessert
Assortment of the above

THURSDAY

Week 1 – MAIN

Meat or vegetarian - Paninis
Cheese rustic pizza
(G,M,S,W)

Potted Basilica Pasta
(G,W,S)

Jacket Wedges with cheese, BBQ
Sauce
(M)

Crispy coated Chicken burger
(G,W) May contain sesame seeds

FRIDAY

Week 1 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
Cheese pizza
(G,W,S,M)

Jacket Wedges with cheese,
beans
(M)



Other Options

Freshly made
sandwiches and
salads are available

Gluten free options
are also available



Salads

Sandwiches

Wraps

Baguettes

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