

THE SOUTH WOLDS ACADEMY

LUNCH MENU

MONDAY

Week 2 – MAIN
Vegan Sausage
HotPot
(W,G)

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 2– MAIN
Chicken Laksa
with Noodles
(G, W, M, E)

Quorn Laksa
With Noodles
(E,W,G,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 2 – MAIN
Americano Pasta with Meatballs +
Garlic Slice - may contain milk and
soya (W,M,C,G)

Americano Pasta with Quorn
Meatballs +
Garlic Slice - may contain milk and
soya
(W,C,G)

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

Potted Basilica Pasta
(G,W,S)

Jacket Wedges with cheese, beans,
(M)

THURSDAY

Week 2 – 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 2–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 rustic 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

Desserts

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

Oaty Sultana cookie
Orange flapjack
assorted Muffins
assorted Desserts
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