

# THE SOUTH WOLDS ACADEMY

## LUNCH MENU

### MONDAY

Week 3 – MAIN  
Sweet and sour  
Vegetables with Rice

(none)

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 3 – MAIN  
Beef Chilli with Rice/ Nachos  
and cheese  
(M)

Quorn Chilli with Rice/ Nachos  
and cheese  
(E,Barley, M)

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

Potted Basilica Pasta  
(G,W,S)

Jacket Wedges sweet chilli  
sauce with cheese  
(M)

### WEDNESDAY

Week 3 – MAIN  
Sausage Pasta Bake  
(W,G,S,M, Sulph)

Vegan Sausage Pasta Bake  
(W,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 3 – 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 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  
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  
Flapjack  
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