

Ark Charter Academy Lunch Menus Summer Term 2022



Allergen Information

Please check the separate list if you are concerned about possible allergens. Some products used in the school kitchen have been produced on a site which also uses: nuts, mustard, barley, fish, milk, sesame seed and sulphite. Traces may exist in any food produced at Ark Charter Academy.

Dining Hall Rota	Year Group
Monday	11
Tuesday	10
Wednesday	9
Thursday	8
Friday	7

Weekly Menu Rota	Week beginning			
Week 1	25th April	16th May	13th June	4th July
Week 2	2nd May	23rd May	20th June	11th July
Week 3	9th May	6th June	27th June	18th July

Available every day for every service point		Menus may be subject to occasional changes for special events or due to stock availability. H = Halal V = Vegetarian VG = Vegan
Baguettes	Choice of cheese (V), chicken mayo (H), tuna mayo, ham, or BLT baguettes. Wholemeal available on request.	
Salad	Salad pot - cucumber, carrot and pepper sticks at all service points, Mixed salad - dining hall only	
Dessert	Fruit salad, fresh fruit	
Potato Bar (Dining hall only)	Baked potato with beans and/or cheese	
Vegan options	Vegan option available daily on request - please speak to the Catering Manager	

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Dining Hall Meat/Fish	Bacon Mac n' Cheese	Chicken korma with rice (H)	Creamy chicken casserole with mashed potato (H)	Beef Provençale with penne pasta (H)	Breaded fish cakes or fish viennoise or chicken pizza with chunky chips
	Dining Hall Vegetarian	Mac n' Cheese (V)	Roast vegetable korma with rice (V)	Cheese and onion crustless quiche with mashed potato (V)	Roast vegetables provençale with penne pasta (VG)	Quorn fillet in cream sauce with chunky chips (V)
	Dining Hall Vegetables	Sliced green beans	Steamed broccoli	Sliced carrots	Sweetcorn	Peas
	Dining Hall Dessert	Large cookie, assorted fruit yoghurts, fruit salad, fresh fruit				
	Grab & Go Meat/Fish	Bacon Mac n' Cheese	Chicken korma with rice (H)	Jerk chicken and potato wedges (H)	Beef Provençale with penne pasta (H)	Breaded fish cakes or chicken pizza with chunky chips
	Grab & Go Vegetarian	Mac n' Cheese (V)	Roast vegetable korma with rice (V)	Cheese and onion crustless quiche with potato wedges (V)	Roast vegetables provençale with penne pasta (V)	Margherita pizza with chunky chips (V)
Week 2	Dining Hall Meat/Fish	Chili con carne (H) with rice	Chicken coated with spices (H) and mixed rice	Lamb kebab (H) in naan bread with yoghurt sauce and potato wedges	Diced chicken Provençale (H) with fusilli pasta gratin	Breaded fish or salmon pie or chicken pizza and chunky chips
	Dining Hall Vegetarian	Chili con quorn (V) with rice	Courgette gratin (V) and mixed rice	Quorn kebab (V) in naan bread with hummus and potato wedges	Roast vegetables provençale (V) with fusilli pasta gratin	Margherita pizza (V) and chunky chips,
	Dining Hall Vegetables	Carrots	Broccoli	Green beans	Sweetcorn	Peas
	Dining Hall Dessert	Butterscotch angel delight, assorted fruit yoghurts, fruit salad, fresh fruit				
	Grab & Go Meat/Fish	Chili con carne (H) with rice	Chicken coated with spices (H) and mixed rice	Lamb kebab (H) in naan bread with yoghurt sauce and potato wedges	Diced chicken Provençale (H) with fusilli pasta gratin	Breaded fish or chicken pizza and chunky chips
	Grab & Go Vegetarian	Chili con quorn (V) with rice	Vegetable wrap (V) and mixed rice	Quorn kebab (V) in naan bread with hummus and potato wedges	Roast vegetables provençale (V) with fusilli pasta gratin	Margherita pizza (V) and chunky chips,
Week 3	Dining Hall Meat/Fish	Chicken pasta au gratin (H)	Chicken tikka masala and turmeric rice (H)	Southern fried chicken with Aztec sauce and mexican rice (H)	Beef sausages with mashed potato and gravy (H)	Fish fingers or steamed white fish with oven chips
	Dining Hall Vegetarian	Cheesy leek pasta au gratin (V)	Roast vegetable tikka masala and turmeric rice (V)	Root vegetable casserole and mexican rice (VG)	Quorn sausages with mashed potato and vegetarian gravy (V)	Margherita pizza and oven chips (V)
	Dining Hall Vegetables	Sweetcorn	Steamed broccoli	Sliced carrots	Green beans	Peas
	Dining Hall Dessert	Eton mess, assorted fruit yoghurts, fruit salad, fresh fruit				
	Grab & Go Meat/Fish	Oven baked cheesy chicken pasta (H)	Chicken tikka masala and turmeric rice (H)	Chicken goujon with Aztec sauce and mexican rice (H)	Homemade pork or beef (H) sausage rolls with pommes lyonnaise.	Fish fingers or chicken pizza with oven chips
	Grab & Go Vegetarian	Oven baked leek and sweetcorn pasta (V)	Roast vegetable tikka masala and turmeric rice (V)	Quorn nuggets with Aztec sauce and mexican rice (VG)	Quorn sausage rolls with pommes lyonnaise (V)	Margherita pizza with oven chips (V)