

## Ark Alpha food menu Lunch - £2 and tea - £1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat/Fish</b>	Fish fingers (W/G)	Sausages (W)	Steam baked herb and garlic fish in tomato sauce (T)	Cottage pie (D)	Chicken curry (W/M)
<b>Vegetarian</b>	Vegetable fingers (W/G)	Vegetarian Sausage (W)	Cheese courgette bites (D)	Quorn cottage pie (D)	Vegetable curry (W/M)
<b>Vegetables</b>	Potato wedges Baked beans (T)	Mashed Potato, Green beans and gravy (D/W)	New potatoes Sweetcorn	Peas/carrots	Rice/naan bread (W)
<b>Dessert</b>	Apple Pie and Custard (D/E/W)	Rice pudding with Jam (D/G)	Trifle (D/W/G)	Fruit and plain yoghurt (D)	Bananas and custard (D)
<b>Tea</b>	Tortellini in squash sauce White Chocolate chip muffin (D/E/W)	Spaghetti on toast. Chocolate chip cookies (W/E/D/G)	Jacket potato with beans and optional cheese (d/t) Blueberry & banana bomb (D/E/G/W)	Cheese and Marmite pudding Double chocolate beetroot brownies (E/D/W)	Salmon and Broccoli bake Yogurt (D/W)
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat/Fish</b>	Lasagne (D/T)	Pea and ham Risotto (G)	Chicken and mushroom supreme (D)	Meat balls in a homemade tomato sauce (T)	Fish Cakes (W)
<b>Vegetarian</b>	Vegetarian Lasagne (D/T)	Minted Pea Risotto (G)	Mushroom supreme (D)	Quorn Balls (T)	Vegetable burger (W)
<b>Vegetables</b>	Garlic Bread (D/W) Mixed vegetables	Sweetcorn	Rice and peas	Spaghetti (W)	Sweet potato wedges Spaghetti hoops (t)
<b>Dessert</b>	Pear and cherry crumble with custard (D/G)	Fruit Jelly and squirty Cream (D)	Cheesecake (D)	Banana cake (D/E)	Blueberry muffins (D/E)
<b>Tea</b>	Vegetable Pizza/carrot cake (D/E/W)	Leek and potato soup with crusty bread, Yogurts (G/D/E)	Tuna pasta Bake (W/D) Apple flap jack (G/D)	Cauliflower cheese (D) Cherry cheesecake muffins (D/E/W)	Jacket Potato with Cheese and Beans Oat cookie (D/T)
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat/Fish</b>	Spaghetti bolognaise	Fish Pie (D)	Roast Beef	Chicken and leek pie (D/W)	Chilli Con carne (T/W)
<b>Vegetarian</b>	Quorn bolognaise	Creamy vegetable pie (D)	Quorn Roast (E/D)	Cream leek pie (D/W/G)	Quorn Chilli (T/W)
<b>Vegetables</b>	Spaghetti/garlic bread (D)	Peas and sweetcorn	Roast Potatoes, Yorkshire pudding, Cauliflower and broccoli (D)	New potatoes Broccoli and carrots	Rice and Nachos (W)
<b>Dessert</b>	bananas and squirty cream (D)	Pear and ginger sponge (D/E/W)	Ice cream (D)	Angel delight (D)	White chocolate cookies (D/E/W)
<b>Tea</b>	Tomato Soup/crusty bread (W) Cherry cookie (D/E)	Beans on toast (T) chocolate cake (D/E/W)	Jacket potato with tuna and sweetcorn Lemon cookies (D)	Vegetable Lasagne (D/T) Banana Flap Jack (D, W, G)	Macaroni cheese (D, W G) Mini milk Icecream (D)

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