

Autumn 1 2018 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 w/c 3 rd Sept 24 th Sept 15 th Oct	(V) Vegetable lasagne served with tomato salad (1/2/8)	Halal chicken bangers and mash served with gravy (1/8)	Fish sandwich served with lime mayonnaise dressing (1/5/6/10)	Jerk style chicken thighs (10)	Salmon fishcake served on vegetable risotto (1/6/8)
	(V) Egg curry served with basmati rice (8/10)	(V) Root vegetable Pattie served with mash and gravy (1/5)	(V) Colourful vegetable stew with corn bread (1/5/8)	(V) Mild spiced veggie mince pasties (1/5/9/10)	(V) Mac 'n' cheese (1/8)
	<i>Green beans, mange tout, garlic dough balls (1/8)</i>	<i>Carrots and peas</i>	<i>Steamed broccoli and cauliflower</i>	<i>Rice & Peas, Coleslaw</i>	<i>Garden peas and sweetcorn</i>
	<i>Apple turnovers & custard (1/5/8)</i>	<i>Yoghurt & fresh fruit (8)</i>	<i>Cut Melon Assortment</i>	<i>Yoghurt & fresh fruit (8)</i>	<i>Rice pudding with jam (8)</i>
Week 2 w/c 10 th Sept 1 st Oct	(V) Chickpea and spinach burger with homemade ketchup (1/5)	Halal shepherd's pie topped with crispy potato mash (2/8)	Smoked haddock kedgerree (2/5/6/10)	Chicken and leek pie with pastry topping (1/8)	Classic "Fish and Chips" and baked beans (1/6)
	(V) New potato and paprika tortilla (5/8)	(V) Vegetable samosa with Bombay potatoes & mint yoghurt (1/8/9/10)	(V) Vegetable pad Thai noodles (1/5/9)	(V) Creamy pumpkin penne (1/8)	(V) Vegetable Korma served with Pilaf rice (8/10)
	<i>Greek style salad and potato wedges</i>	<i>Grated carrot salad</i>	<i>Steamed baby spinach and peas</i>	<i>Green beans and carrots</i>	<i>Garden peas & sweetcorn and potato wedges</i>
	<i>Cheese and crackers and grapes (1/8)</i>	<i>Yoghurt & fresh fruit (8)</i>	<i>Oat apple crumble (1/8)</i>	<i>Yoghurt & fresh fruit (8)</i>	<i>Ice cream (8)</i>
Week 3 w/c 17 th Sept 8 th Oct	(V) Cauliflower cheese and spinach pasta bake (1/8)	Halal turkey schnitzel served with warm potato & cucumber salad (1/5)	Ocean fish pie topped with sweet potato mash (1/5/6/8)	Mild spiced beef fajita wrap with salsa and sour cream (1/8)	Creamy salmon and broccoli pasta (1/6/8)
	(V) Sweet potato, kale and BBQ Quorn rice (5)	(V) Coconut and squash Dhansak with garlic flat bread (8/10)	(V) Stir-fried noodles with Quorn and spinach (1/5/9)	(V) Wholemeal Margarita Pizza (1/2/8)	(V) Squash and feta drop scones with chunky tomato sauce (1/5/8)
	<i>Green medley and garlic flat bread (1/8)</i>	<i>Creamed spinach and peas (8)</i>	<i>Steamed savoy cabbage and broccoli</i>	<i>Potato wedges and mixed salad</i>	<i>Garden peas and sweetcorn</i>
	<i>White chocolate sponge with custard (1/5/8)</i>	<i>Yoghurt & fresh fruit (8)</i>	<i>Chocolate and beetroot brownie (1/5/8)</i>	<i>Yoghurt & fresh fruit (8)</i>	<i>Fruit smoothie (8)</i>

Allergens Key	
Gluten	1
Celery	2
Peanuts	3
Tree nuts	4
Eggs	5
Fish	6
Crustacea	7
Dairy	8
Soy	9
Mustard	10
Sesame	11
Lupin	12
Sulphur	13
Molluscs	14

All meat served on a Tuesday will be Halal certified.

All fish and fish products will be sustainably sourced.

Local and British grown produce will be given priority whenever seasonally available

We avoid knowingly purchasing nuts and nut products

Fresh fruit and seasonal salads served daily



**Ark Conway
Primary Academy**



The Conway Kitchen: *Happiness is Homemade*