

Autumn 2019 Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 w/c 2 nd Sept 23 rd Sept 14 th Oct	(V) Vegetable Carbonara (1/8)	Halal chicken Fajitas with avocado salsa (1)	Fish Tikka Masala (8/10)	Traditional Roast beef dinner (1)	Breaded fish doorstep sandwich (1/6/8)
	(V) "Linda McCartney mince" Moussaka (1/8/9)	(V) Quorn & vegetable fajitas with avocado salsa (1/5/8)	(V) Mild spiced vegetable Tagine (2/10)	(V) Veggie Cornish pasty (1/8)	(V) Spaghetti in hidden vegetable Tomato sauce (1/2)
	Steamed broccoli	Rainbow slaw (10)	Green beans, snow peas & brown rice	Peas, carrots & roast potatoes	Green vegetable medley
	Apple strudel & custard (1/5/8)	Yoghurt & fresh fruit (8)	Syrup sponge with custard (1/5/8)	Yoghurt & fresh fruit (8)	Cheese, crackers & grapes (1/8)
Week 2 w/c 9 th Sept 30 th Sept	(V) Squash and feta drop scones with chunky tomato sauce (1/5/8)	Halal spaghetti Bolognese (1/5)	Ocean fish cake with mashed potatoes (2/5/6/10)	Chicken curry "Korma" (2/10)	Traditional "Fish and Chips" (1/6)
	(V) Veggie chilli "sin" carne with jewelled rice (2/9)	(V) Mild sweet potato Shawarma wrap (1/8)	(V) Stir-fried noodles with Quorn & capsicum (1/5/9)	(V) Vegetable biriyani (2/10)	(V) Cherry tomato & feta quiche (1/5/8)
	Green beans & cauliflower	Steamed Savoy cabbage	Steamed broccoli & peas	Mixed salad, garlic naan (1/8)	Garden peas & potato chips
	Sticky toffee date pudding (1/5/8)	Yoghurt & fresh fruit (8)	Oat apple crumble (1/8)	Yoghurt & fresh fruit (8)	Ice cream (8)
Week 3 w/c 16 th Sept 7 th Oct	Jacket potato stuffed with Cauliflower cheese (1/8)	Halal cottage pie topped with crispy potato & root vegetable mash (2/8)	Linguini with salmon, cherry tomato & basil (1/6)	Wholemeal Pizza "Sloppy Giuseppe" with spicy minced beef (1/2/8)	Fish goujon wrap with Tartar sauce (1/5/6/8)
	(V) Squash & spinach veggie lasagne (1/8)	(V) Veggie bangers & mashed potatoes (1/8/9)	(V) Vegetarian paella (2)	(V) Wholemeal Margarita Pizza (1/2/8)	(V) Mac 'n' cheese (1/8)
	Steamed Savoy cabbage	Creamed spinach & peas	Green beans and carrots	Mixed salad	Peas & mange tout
	Bread & butter pudding with custard (1/5/8)	Yoghurt & fresh fruit (8)	Apple pie & custard (1/5/8)	Yoghurt & fresh fruit (8)	Chocolate & beetroot brownie (1/5/8)

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
Molluses	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*