

Summer 2022 Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Allergens key
Week 1 w/c 18th April 9th May	(V) Roasted aubergine & tomato curry served with basmati rice (8/10) (V) Veggie chilli sin carne served with guacamole, rice & taco (1/2/9) Steamed Spring greens	Halal spaghetti Bolognese (1/8) (V) Vegetarian shepherds pie with crushed new potato topping (1/9) Green beans, carrots	Cod & pea burger served with lime mayonnaise & sweet potato wedges (1/5/6) (V) Curried vegetable samosas served with tzatziki (1/8/10) Cut cucumber	Wholemeal pizza topped with pepperoni (1/2/8) (V) Wholemeal Margarita Pizza (1/2/8) Steamed broccoli	Classic fish and chips (1/6) Vegetable sausage roll with home made tomato dip & chips (1/8/9) Garden peas	Allergens key Gluten 1 Celery 2 Peanuts 3 Tree nuts 4 Egg 5 Fish 6 Crustacea 7 Dairy 8 Soy 9 Mustard 10 Sesame 11 Lupin 12 Sulphur 13 Molluscs 14 We avoid knowingly purchasing nuts and nut products. 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. Fresh fruit and seasonal salads are served daily.
	German apple cake topped with jam (1/5/8)	Fresh fruit	Double chocolate cookies (1/5/8)	Fresh fruit	Fruit yoghurt pot (8)	
	Week 2 w/c 25th April 16th May	(V) Spaghetti with hidden vegetable tomato sauce (1/2/8) (V) Sweetcorn and courgette fritters served with squash & sweet potato mash (1/5) Chef's salad	Jamaican style chicken served with rice & peas and a mild spiced gravy (1/10) (V) Jamaican style veggie pasties with rice & peas and a mild spiced gravy (1/10) Green beans & peas	Fish fingers served with oven roasted potato wedges (1/5/6) (V) Haloumi & roast pepper "Hot Dog" with crushed avocado & peas (1/8) Steamed broccoli	Wholemeal pizza topped with spicy chicken strips (1/2/8) (V) Wholemeal Margarita Pizza (1/2/8) Cut vegetables	
Lemon drizzle sponge (1/5/8)		Fresh fruit	Doughnut holes (1/5/8)	Fresh fruit	Fruit yoghurt pot (8)	
Week 3 w/c 2nd May 23rd May		Vegetable spring roll served with home made sweet chilli sauce (1/2/5) (V) Vegetable Tagine served with pita bread & jewelled couscous (1) Steamed broccoli	Breaded chicken burger with hidden vegetable tomato ketchup (1/2) (V) Mild spiced lentil & haloumi burger served with BBQ sauce (1,2,5,8) Green beans	Pasta spirals with salmon & pesto cream (1/2/8) (V) Vegetable & Quorn "Korma" served with Pilau rice (1/5) Vegetable medley	Wholemeal pizza topped with ham & mushrooms (1/2/8) (V) Wholemeal Margarita pizza (1/2/8) Cut cucumber	
	Chocolate & beetroot brownie (1/5/8)	Fresh fruit	Pancakes with chocolate sauce (1/5/8)	Fresh fruit	Fruit yoghurt pot (8)	



**Ark Conway
Primary Academy**



The Conway Kitchen: *Happiness is Homemade*