



Ark Globe Academy

Monday Tuesday Wednesday Thursday Friday

Meaty Mains	Beef Stroganoff with Tarragon and Cream Stew (Halal or Non-Halal)	Jerk Style Roast Chicken (Halal or Non-Halal)	Penne Pasta served with Beef Bolognese (Halal or Non-Halal)	Oven Baked Chicken Sausage With Onion Gravy (Halal or Non-Halal)	Crispy Battered Pollock Fillet, Lemon and Fresh Tartar Sauce
Veggie Mains	Mushroom and Vegetable Stroganoff	Stuffed Peppers served with Chickpea Couscous and Tomato Sauce	Four Bean Patties served with Tomato and Basil Sauce	Ratatouille served with Polenta Cake	Harissa Baked Vegetables served with Four Cheese Sauce
Sides	Parsley Rice Cauliflower Carrots	Herb Roast Potatoes Broccoli, Corn BBQ Sauce	Pasta Green Beans Sweetcorn	Mash Potatoes Red and Savoy Cabbage Carrots	Rustic chips Green Peas Baked beans
All-time Favourites	Fusilli Pasta Served with Tomato, Olives and Mixed Peppers	Jacket Potatoes with Beans or Tuna Mayo	Egg Fried Rice with Sweet and Sour Vegetables	Penne Pasta Served with Tuna and Sweet Corn	Jollof Rice with Spicy Chicken (Halal or Non-Halal)
Sweets	Honey Yoghurt with Mixed fruit Salad Whole Oat Granola	Carrot and Raisin Cake with Orange Buttercream Frosting	Apple and Rhubarb Crumble with Vanilla Custard	Chocolate Cake with Chocolate Sauce	Fresh Cut Fruits with Ice Cream

Choice of filled Baguettes, Salads, Yoghurt, Seasonal fruit - served daily

THOSE WITH ALLERGIES OR SPECIAL DIETARY REQUIREMENTS, PLEASE ASK A MEMBER OF KITCHEN STAFF FOR ASSISTANCE