



Lunch Menu Summer Week 3

Ark Globe Academy

Monday Tuesday Wednesday Thursday Friday

Meaty Mains

Lamb Hot Pot with
Chunky
Vegetables
(Halal or
Non-Halal)

Rosemary Roast
Chicken with
Lemon and Herbs
(Halal or
Non-Halal)

Ground Beef
Lasagne with
Thyme and Basil
(Halal or
Non-Halal)

Chicken Burrito
served with
Herb Rice
(Halal or
Non-Halal)

Fish and Chips
with Lemon and
Fresh Tartar
Sauce

Veggie Mains

Lentil and
Vegetable Hot Pot

Falafel Served with
Hummus Pitta
Bread and Salad

Quorn and Roast
Vegetable Lasagne

Mixed Bean Burrito
served with
Herb Rice

Cauliflower and
Broccoli Bake
with Cheese and
Caramelised
Onions

Sides

Herb Potatoes

Steamed Rice
Cauliflower

Carrots

Roast Potatoes

Broccoli

Sweet Corn

Garlic Bread

Green Beans

Sweet Corn

Herb and Lemon
Rice

Red and Savoy
Cabbage

Carrots

Chunky Chips

Minted Green
Peas

Baked Beans

All-Time Favourites

Spaghetti Pasta
Served with Spicy
Tomato Sauce

Jacket Potatoes
with Beans or
Tuna Mayo

Special Fried Rice
with
Chilli Prawns and
vegetables

Fusilli Pasta with
Salmon and
Cheese Sauce

Jollof Rice with
Spicy Chicken
(Halal or
Non-Halal)

Sweets

Honey Yoghurt
with Mixed Fruit
Salad and
Whole Oat Granola

Chocolate Chip
Brownie with
Chocolate Sauce

Apple and Pear
Crumble with
Custard

Vanilla Sponge
with Custard

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