



## Ark Swift Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Burger In a Bun  Or  Vegetarian Burger In a Bun	Chicken Pasta Bake	Roast Beef	Spicy Chicken Pieces	Crisp crumbed fish fingers with tartar sauce.
Veggie Mains		Vegetarian Pasta Bake	Macaroni Cheese	Cheese And Tomato Flan	Herby Potato Swirls
Sides	Potato Wedges Spaghetti In Tomato Sauce	Garlic Bread Sweetcorn	Roast Potatoes Cabbage Peas	Vegetable Rice Roasted Carrots	Chips Peas Baked Beans
Salads and sides	Fresh salad, fresh fruit and home-made bread served daily				
Sweets	Smoothie Pot - Yoghurt	Jam Sponge And Custard - Yoghurt	Fruit Jelly - Yoghurt	Carrot Cake And Custard - Yoghurt	Biscuit With Yoghurt



## Ark Primary Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Chicken Sausages	Coconut Chicken Curry & Naan Bread	Herby Roasted Chicken	Bolognese	Fish Fingers
Veggie Mains	Vegetarian Sausages	Vegetable Noodles	Vegetable Crispbakes	Vegetable Pin Wheels	Mushroom Omelette
Sides	Mashed Potatoes Peas Baked Beans	Rice Green Beans Cauliflower	Roasted Paprika Potatoes Cabbage Carrots	Spaghetti Broccoli Sweetcorn	Chips Peas Baked Beans
Salads & Sides	Fresh Fruit- Seasonal Salads and Fresh Bread Served Daily				
Hot Sweets	Iced Sponge & Custard - Yoghurt	Strawberry Jelly - Yoghurt	Peaches & Ice Cream - Yoghurt	Syrup Sponge & Custard - Yoghurt	Oaty Biscuit - Yoghurt



## Ark Primary Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Spicy Chicken Pizza	Moroccan Lamb	BBQ Chicken Drumsticks	Chilli Con Carne	Fish Fingers
Veggie Mains	Mixed Pepper Pizza or Butter Bean & Roasted Vegetables	Vegetable Rice Bake	Cheese Flan	Vegetable Parcels	Vegetable Rosti
Sides	New Potatoes Sweetcorn Peas	Cous Cous Crispy Sumac Potatoes Carrots	Herby Potatoes Roasted Vegetables & Sweetcorn	Roasted Sweet Potato or Rice Green Beans Cauliflower	Chips  Baked Beans or Peas
Sides & Salads	Fresh Fruit- Seasonal Salads and Fresh Bread Served Daily				
Hot Sweets	Ice Cream Pot - Yoghurt	Lemon Cheesecake - Yoghurt	Chocolate Cake & Chocolate Sauce - Yoghurt	Mandarin Sponge & Custard - Yoghurt	Fruit Jelly - Yoghurt