



Ark Swift Autumn Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Spicy Beef Pizza	Chicken & Lentil Curry	Chunky Cod Burger	Herby Chicken Drumsticks	Fish Fingers
Vegetarian Mains	Margherita Pizza	Chickpea & Vegetable Curry	Vegetable Crispy Bake Burger	Falafel with Tomato Relish	Jacket Potato with Baked Beans & Cheese
Sides	Potato Wedges – Sweet Corn	Rice – Diced Carrots	Potato Puffs – Garden Peas	Rice – Green Beans	Crispy Fries – Baked beans
Salads and sides	Fresh salad and bread served daily				
Hot Sweets	Fruit Jelly	Vanilla Iced Sponge – Custard	Cornflake Krispy and Milk	Carrot Cake – Custard	Fresh Fruit Salad



Ark Swift Autumn Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Chicken Sausage Hot Dog	Cayenne & Coriander Chicken Thighs	Vegetable Pinwheel	BBQ Chicken Drumsticks	Fish Fingers
Vegetarian Mains	Vegetarian Sausage Hot Dog	Roasted Cauliflower Cheese	Vegetable Pinwheel	Cheese & Tomato Flan	Vegetable Tortilla
Sides	Potato Croquette – Garden Peas	Rice – Green Beans	Mixed Crudites	Rice – Sweetcorn	French Fries – Baked beans
Salads and sides	Fresh salad and bread served daily				
Hot Sweets	Iced Smoothie	Coconut Sponge – Custard	Lemon Shortbread and Milkshake	Chocolate Cake – Chocolate Sauce	Fresh Fruit Salad



Ark Swift Autumn Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Crispy Chicken Goujons Burger	Chicken Coconut Curry	Spaghetti Bolognese	Chilli & Coriander Chicken Thighs	Fish Fingers
Vegetarian Mains	Spicy Bean Burger	Vegetable & Lentil Curry	Vegetarian Bolognese	Vegetable Stir Fry	Cheese & Vegetable Plait
Sides	Potatoes Wedges – Carrot Salad	Rice – Green Beans Naan Bread	Spaghetti – Bolognese	Noodles – Sweetcorn	French Fries – Baked beans
Salads and sides	Fresh salad and bread served daily				
Hot Sweets	Vanilla Ice Cream	Syrup Sponge – Custard	Caramel Tart – Milk	Yogurt & Melon	Fresh Fruit Salad