



Ark Swift Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Chicken Pizza (2,7,13)	Spicy Chicken Thighs (2,14)	Roast Beef & Gravy (1,2,13)	Vegetarian Pasta Bake (1,2,7)	Fish Fingers (2,5)
Vegetarian Mains	Margherita Pizza (2,7,13)	Red Onion Flan (2,4,7,9)	Macaroni Cheese (2,7,9)	Vegetarian Pasta Bake (1,2,7)	Vegetarian Parcels (1,2,4,7)
Sides	Potato Wedges - Sweet Corn	Paprika Rice - Cauliflower	Roast Potatoes - Green Beans	Garlic Bread (2) - Carrots	Chips Baked beans
Salads and sides	Fresh salad, fresh fruit (14) and home-made bread (2,7,13) served daily				
Hot Sweets	Iced Smoothie (7)	Raspberry Ripple Sponge (2,4,7) - Custard (7)	Cherry and Coconut Flapjack & Milk Carton (7)	Syrup Sponge (2,4,7) - Custard (7)	Fruit Yogurt (7)

Celery	1
Cereals containing Gluten	2
Crustaceans	3
Eggs	4
Fish	5
Lupin	6
Milk	7
Molluscs	8
Mustard	9
Nuts	10
Peanuts	11
Sesame Seeds	12
Soya	13
Sulphur Dioxide (sometimes known as Sulphites)	14



Ark Swift Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Chicken Sausages (2,13,14)	Chicken Stew (1,2)	Vegetarian Lasagne (1,2,7,9)	Chilli Chicken (1,2,13,14)	Fish Fingers (2,5)
Vegetarian Mains	Vegetarian Sausages (2,3)	Vegetarian Stew (1,2)	Vegetarian Lasagne (1,2,7,9)	Vegetarian Stir-fry (1,2,4,13,14)	Vegetable Quesadilla (2,7)
Sides	Mashed Potatoes - Baked Beans	Rice - Peas	Garlic Bread (2) - Sweet Corn	Noodles (2) - Broccoli	Chips - Baked beans - Peas
Salads and sides	Fresh salad, fresh fruit (14) and home-made bread (2,7,13) served daily				
Hot Sweets	Jelly	Carrot Cake (2,4) - Custard (7)	Watermelon & Yogurt (7)	Lemon Drizzle Cake (2,4,7,14) - Custard (7)	Biscuit (2,7) & Milk Carton (7)

Celery	1
Cereals containing Gluten	2
Crustaceans	3
Eggs	4
Fish	5
Lupin	6
Milk	7
Molluscs	8
Mustard	9
Nuts	10
Peanuts	11
Sesame Seeds	12
Soya	13
Sulphur Dioxide (sometimes known as Sulphites)	14



Ark Swift Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Cheese Burgers (1,2,7,14)	Chicken Curry (1,2)	Sausages in Tomato Sauce (1,2,7,13,14)	BBQ Chicken (5,7,9,14)	Fish Fingers (2,5)
Vegetarian Mains	Vegetarian Burgers (2,7,14)	Vegetarian Curry (1,2)	Vegetarian Sausage in Tomato Sauce (1,2,7,13)	Broccoli And Cauliflower Cheese (2,7,9)	Spanish Omelette (4,7)
Sides	Potatoes Wedges - Peas	Turmeric Rice - Cauliflower - Naan Bread (2,7)	Pasta (2) - Green Beans	Rice - Sweet Corn	Chips - Baked beans
Salads and sides	Fresh salad, fresh fruit (14) and home-made bread (2,7,13) served daily				
Hot Sweets	Ice Cream Pot (7)	Surprise Sponge (2,4,7) - Custard (7)	Chocolate Buns (2,7,13) - Custard (7)	Fruit Jelly	Butterscotch Delight (7)

Celery	1
Cereals containing Gluten	2
Crustaceans	3
Eggs	4
Fish	5
Lupin	6
Milk	7
Molluscs	8
Mustard	9
Nuts	10
Peanuts	11
Sesame Seeds	12
Soya	13
Sulphur Dioxide (sometimes known as Sulphites)	14