		CASTLE P. W	Freshly made every day!		
DAY	CHOICE 1	CHOICE 2	CHOICE 3		PUDDING
Monday	Pepperoni Pizza served with Potato Smiles, Sweetcorn and Tomato Ketchup	Cheese & Tomato Pizza served with Potato Smiles, Sweetcorn and Tomato Ketchup	Jacket Potato with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Vanilla Ice Cream or Fresh Fruit Pot or Frozen Yoghurt
Tuesday	Savoury Mince Beef served with Yorkshire Pudding, Mashed Potato, Green Beans and Peas	Cheese Lattice served with Mashed Potato, Green Beans and Peas	Chicken Fajita Wrap served with Salad	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Flapjack or Fresh Fruit Pot or Frozen Yoghurt
Wednesday	Roast Chicken Fillet served with New Potatoes, Broccoli, Carrots and Gravy	Cauliflower & Broccoli Bake served with New Potatoes and Carrots	Hot Cheese & Ham Baguette served with Salad	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Chocolate Cake & Custard or Fresh Fruit Pot or Frozen Yoghurt
Thursday	Bacon & Tomato Pasta served with Garlic Bread and Salad	Tomato & Basil Pasta served with Garlic Bread and Salad	Ham Salad Wrap served with Salad	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Shortbread or Fresh Fruit Pot or Frozen Yoghurt
Friday	Breaded Salmon Fingers served with Chips and Baked Beans	Spicy Bean Burger served with Chips and Baked Beans	Jacket Potato with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Jelly & Fruit Cocktail or Fresh Fruit Pot or Frozen Yoghurt

Available Daily: Fresh Fruit and Bread!

If you have any questions about food allergens please speak to the kitchen team who will be happy to help ORFORM45 ISSUE 1 – 18.10.18 SPRING 2022 orian

			ARK SCHO	OL	Freshly made every day!
DAY		CHOICE 2	CHOICE 3	CHOICE 4	PUDDING
Monday	Pork Meatballs in Tomato Sauce served with Pasta and Mixed Vegetables	Vegetable Bolognaise served with Mixed Vegetables	Jacket Potato with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Arctic Roll or Fresh Fruit Pot or Frozen Yoghurt
Tuesday	Mild Chicken Curry served with Rice, Naan Bread, Peas and Sweetcorn	Cheesy Pasta Bake served with Peas and Sweetcorn	Tuna Salad Wrap served with Sweetcorn	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Chocolate Crunch or Fresh Fruit Pot or Frozen Yoghurt
Wednesday	Roast Beef & Yorkshire Pudding served with Roast Potatoes, Cauliflower, Carrots and Gravy	Vegetarian Sausage served with Yorkshire Pudding, Roast Potatoes, Cauliflower, Carrots and Gravy	Hot Cheese & Ham Baguette served with Salad	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Oaty Cookie or Fresh Fruit Pot or Frozen Yoghurt
Thursday	Chicken & Vegetable Casserole served with Herby Diced Potatoes and Peas	Broccoli Quiche served with Herby Diced Potatoes and Peas	Sweet Chilli Chicken Wrap served with Salad	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Syrup Sponge & Custard or Fresh Fruit Pot or Frozen Yoghurt
Friday	Fish Fingers served with Chips, Sweetcorn and Tomato Ketchup	Veggie Mince Chilli Nachos served with Sweetcorn	Jacket Potato with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Iced Lemon Cake or Fresh Fruit Pot or Frozen Yoghurt

Available Daily: Fresh Fruit and Bread!

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Lunci			JEEK 3		Freshly made every day!
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DAY	CHOICE 1	CHOICE 2	CHOICE 3	CHOICE 4	PUDDING
Aonday	Turkey Burger in a Bun served with Chips, Baked Beans and Tomato Ketchup	Vegetable Korma served with Rice and Naan Bread	Jacket Potato with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Vanilla Muffin or Fresh Fruit Pot or Frozen Yoghurt
uesday	Pork Sausages served with Mashed Potato, Mixed Vegetables and Gravy	Vegetable Sweet & Sour served with Noodles	Hot Cheese & Ham Baguette served with Salad	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Apple Crumble & Crean or Fresh Fruit Pot or Frozen Yoghurt
ednesday	Roast Chicken served with Roast Potatoes, Carrots, Broccoli and Gravy	Cheese & Potato Bake served with Carrots and Broccoli	Hot Tuna Baguette served with Salad	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Chocolate Mousse or Fresh Fruit Pot or Frozen Yoghurt
ursday	Beef Pasta Bolognaise served with Garlic Bread, Salad and Sweetcorn	Vegetable Bolognaise served with Garlic Bread, Salad and Sweetcorn	Cheese & Ham Wrap served with Salad and Sweetcorn	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Banana Cake & Custard or Fresh Fruit Pot or Frozen Yoghurt
riday	Breaded Fish Fillet served with Potato Wedges, Peas and Ketchup	Cheese & Vegetable Pasty served with Potato Wedges, Peas and Ketchup	Jacket Potato with Cheese & Beans, Cheese, Beans or Tuna served with Mixed Salad	Packed Lunch Soft Roll filled with Cheese, Ham or Tuna served with Fruit & Salad	Chocolate Brownie or Fresh Fruit Pot or Frozen Yoghurt