

Menu WEEK 3

Week Commencing: 9 March, 13 April, 4 May, 1 June, 22 June, 13 July

Charville Academy

Monday

Red Pepper Linguine
W,G,B,So

Garlic Bread *W,G may contain MK*

Salmon & Pea Pasta Bake
F,Mk,W,G

Garlic Bread *W,G may contain MK*

Jacket Potato

Cheese *Mk*

Baked Beans

Mixed Salad

Seasonal Fruit

Tuesday

Pork Sausages *W,G,Su*

Mash Potato *Mk*

Halal Chicken Sausages
W,G,Su

Mash Potato *Mk*

Veggie Sausages *W,G,*

Mash Potato *Mk*

Spaghetti Hoops *W,G*

Fruit Jelly *(V)*

Wednesday

Roast Chicken

Stuffing *W,G*

Roast Potatoes *So*

Halal Roast Chicken

Stuffing *W,G*

Roast Potatoes *So*

Falafel *W,G*

Stuffing *W,G*

Roast Potatoes *So*

Seasonal Vegetables

Lemon Cake *W,G,E*

Thursday

Jerk Chicken

Rice

Halal Jerk Chicken

Rice

Jerk Sweet Potato Stew
W,G,B,So

Rice

Seasonal Vegetables

Rhubarb Crumble & Cream
W,G,MK

Friday

Breaded Fish *W,G,F may contain B*

Chips *So*

Veggie Fingers *W,G*

Chips *So*

Jacket Potato

Cheese *Mk*

Beans

Baked Beans

Ice Cream *Mk*

Red Option

Blue Option

Green Option

Vegetables

Dessert

Available every day Fresh Salad Bar, selection of fresh Fruit, Wholemeal Bread & Crackers, Milk

Food Allergy Matrix can be found on the school website



Allergens *Ce—Celery F--Fish Mk-Milk N—Nuts So - Soya*
Cr-Crustacean E-Eggs G -Cereals containing Gluten W- Wheat B- Barley
Mo-Molluscs P-Peanuts Su-Sulphur Dioxide L-Lupin Mu-Mustard
Se -Sesame Seeds V—Vegetarian