Menu WEEK 2

Week Commencing: 9th November, 30th November

Charville Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option	Cheese & Tomato Pizza *W,G,MK* Potato Wedges *So*	Sticky BBQ Chicken Rainbow Rice	Roast Chicken Yorkshire Pudding *E,Mk,W,G* Roast Potatoes *So*	Pork Sausages *W,G,Su* Mash Potato *MK*	Fish Cake *W,G,F,Mk,Mu* Chips *So*
Blue Option	Salmon in Tomato Sauce & Pasta *F,W,G*	Sticky BBQ Chicken Rainbow Rice	Halal Roast Chicken Yorkshire Pudding *E,Mk,W,G* Roast Potatoes *So*	Halal Chicken Sausages *W,G,Su* Mash Potato *Mk*	Veggie Nuggets *W,G* Chips *So*
Green Option	Jacket Potato Cheese *Mk* Beans Tuna Mayo *F*	Vegetable Pakora *G,W* Rainbow Rice	Quorn Roast *G,W* Yorkshire Pudding *E,Mk,W,G* Roast Potatoes *so*	Veggie Sausages *W,G,* Mash Potato *Mk*	Jacket Potato Cheese *Mk* Beans Tuna *F*
Vegetables	Sweetcorn	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Spaghetti Hoops
Dessert	Seasonal Fruit	Lemon Drizzle Cake W,G,E	Yoghurt *Mk*	Banana Cake *W,G,E*	Ice Cream *Mk*

Available every day Fresh Salad Bar, Selection of Fruit, Wholemeal Bread & Crackers. Milk & Water

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 O-Oats Se –Seasame Seeds V—Vegetarian*