Menu WEEK 3

Week Commencing: 16th November, 7th December

Charville Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option	Chicken Meatballs In Tomato Sauce Pasta *G,W*	Chicken Korma *Mk* Rice Naan Bread *G,W*	Roast Chicken Stuffing *W,G* Roast Potatoes *So*	Beef Cottage Pie *Mk, Su*	Breaded Fish *W,G,F may contain B* Chips *So*
Blue Option	Halal Chicken Meatballs In Tomato Sauce Pasta *G,W*	Chicken Korma *Mk* Rice Naan Bread *G,W*	Halal Roast Chicken Stuffing *W,G* Roast Potatoes *So*	Halal Beef Cottage Pie *Mk, Su*	Vegetable Samosa *W,G* Chips *So*
Green Option	Vegetable Meatballs in Tomato Sauce *G,W,B,O So* Pasta *G,W*	Vegetable, Chickpea and Lentil Curry Rice Naan Bread *G,W*	Winter Vegetable Crumble *W,G, Mk, Ce* Stuffing *W,G* Roast Potatoes *So*	Stuffed Peppers *Mk* Mashed Potato *Mk*	Jacket Potato Cheese *Mk* Beans Tuna *F*
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans
Dessert	Seasonal Fruit	Cocoa & Beetroot Cake *E,G,W may contain G (B, Oats & Rye)*	Yoghurt *Mk*	Apple Cake & Custard *G,W,E may contain G (B, Oats, Rye)*	Ice Cream *Mk*

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 O-Oats Se –Seasame Seeds V—Vegetarian*