

Ark

Ark Walworth Main Course Lunch Menu Week 1 commencing

14th/9, 5/10, 2/11, 23/11, 14/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Beef Bolognaise with Garlic Bread	Crispy Buttermilk Chicken in a Bun	Traditional Turkey with Sage & Onion Stuffing, Cranberry Sauce and Gravy	Chicken in Honey Soy Sauce with Fried Rice	Southern Style Fried Chicken With Chips
Veggie Mains	Smoked Paprika Vegetable and Bean Goulash	Butter Bean, & Pea Fritter with Tomato & Basil Salsa	Vegan Hot Pot with Lattice Potato Topping	Baingan Bharta (Aubergine Curry)	Homemade Quorn & Onion Sausage Roll
Pasta/ Burrito/ Baguette	Daily Choice of Pasta, Noodle or Rice Cup Burritos or Filled Hot Baguettes				
Sides	Spaghetti Sweet Corn Kernels	Cajun Potato Wedges Crunchy Mixed Salad	Crispy Roast Potatoes Cabbage with Carrots	Braised Yellow Rice Steamed Green Beans	Chips Garden Peas Baked Beans
Grab 'n' Go	Spinach, Onion & Potato Wrap Or Bbq Chicken Rice Pot	Beef Chow Mein Box Or Spicy Sausage Baguette	Curried Chicken Burrito Or Tomato Pasta Pot	Bbq Chicken Baguette Or Vegetable Noodle Box	Mexican Tuna Baguette Or Roasted Vegetable Pasta Pot
Sweets	Mixed Berry Pudding Served with Custard	Apple and Cinnamon Crumble with Custard	Banoffee Cake Served with Toffee Sauce	Lemon Bakewell Tart with Custard	Chocolate Fudge Cake with Chocolate Frosting
Chilled Dessert, Fruit & Yoghurt	Cut Fruits, Yoghurts, Mousses, Fruit Jellies and Tray Bakes				