

Ark

Ark Walworth Main Course Lunch Menu Week 2 Commencing

21/9, 12/10, 9/11, 30/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Stir Fry Turkey & Vegetables with Egg Noodles	Chilli Beef Fajita with Nachos	Roast Chicken with Sage & Onion Stuffing, and Gravy	Beef Meatballs in Hickory Smoked Barbecue Sauce	Battered Fillet of Fish with Lemon & Tartare Sauce
Veggie Mains	Quorn & Courgette in Sweet & Sour Sauce	Spanakopita (Greek Spinach & Cheese Pie)	Vegetarian Cottage Pie	Baked Potato Filled with Veggie Mince Chilli	Wild Rice & Mushroom Paella
Pasta/ Burrito Baguette	Daily Choice of Noodle Box, Pasta or Rice Cup, Burritos or Hot filled Baguettes				
Sides	Crispy Prawn Crackers Sweet Corn Kernels	Herby Potato Wedges Tossed Mixed Salad	Crispy Roast Potatoes Cabbage with Carrots	Braised Rice Lyonnaise Pots Green Beans	Chips Garden Peas Baked Beans
Grab 'n' Go	Chilli Beef Baguette Or Hoi Sin Chicken & Rice Pot	Chickpea and Couscous Wrap Or Macaroni Cheese	Savoury Rice with Chicken Strips Or Tuna & Sweetcorn Baguette	Cajun Turkey Burrito Or Roasted Vegetable Pasta Pot	Chinese Chicken Wing with Fried Rice Or Sausage & Onion in Baguette
Sweets	Jamaican Ginger Sponge Served with Custard	Pineapple Upside Down Cake with Custard	Adam & Eve Oaty Crumble with Custard	Banana Chocolate Pudding with Chocolate Sauce	Berry Topped Sponge with Vanilla Sauce
Chilled Dessert, Fruit & Yoghurt	Choice of Cut Fruits, Mousses, Cheesecake, Jellies, Yoghurts and Tray Bakes				