

# Ark

## Ark Walworth Main Course Lunch Menu Week 3 Commencing

28/09, 19/10, 16/11, 7/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Homemade Beef Burger in Bun with Onions	Chicken Sausages with Onions & Gravy	Traditional Roast Beef with Yorkshire Pudding and Horseradish Gravy	Jerk Chicken in Spicy Jerk Sauce	Buttered Fillet of Fish with Lemon & Tartare Sauce
Veggie Mains	Curried Couscous & Quinoa Pilaf	Vegetable Chilli Tortilla Bake	Spinach & Lentil Lasagne	Mie Goreng (Asian Fried Noodles with Vegetables in Savoury Sweet Sauce)	Pearl Barley and Tomato Risotto with Cheddar Cheese
Pasta Burrito Baguette	Choice of Noodle Box, Pasta or Rice Pot, Burrito or Hot Filled Baguette				
Sides	Sautéed Potatoes Mixed Salad with Dressing	Mashed Potatoes Sliced Green Beans	Crispy Roast Potatoes Cabbage with Carrots	Rice 'n' Peas Broccoli and Cauliflower Mix	Chips Garden Peas Baked Beans
Grab & Go	Tuna & Sweet Corn Pasta Or Chicken & Black Bean Noodle Wrap	Jollof Rice with Bbq Chicken Wing Or Veggie Cheese Hoagies	Sweet Chilli Turkey Burrito Or Sausage & Bean Baguette with Cheese	Chilli con Carne with Nachos Or Leek & Potato Wrap	Meatballs Marinara in Baguette Or Chicken Goujon with Chips & Corn
Sweets	Orange & Lemon Soaked Sponge with Creamy Orange Sauce	Carrot Cake with Cream Cheese Frosting	Fruit Turnover with Custard	Red Cherry Topped Cheesecake	Marbled Cake with Chocolate Sauce
Chilled Dessert, Fruit & Yoghurt	Cut Fruits, Cheesecakes, Mousses, Yoghurts and Tray Bakes				