

# ARCHBISHOP SENTAMU ACADEMY

## Lunch Menu Week 1

**Monday**

All-Day-Breakfast  
Sausage Bacon Beans Tomatoes  
Hash Brown Scrambled Egg

Margareta Cheese and Tomato  
Pizza  
Jacket Potato  
(Beans, Tuna, Cheese)

Assorted Cookies  
Flapjack  
Low Fat Yoghurts  
Fresh Fruit

**Tuesday**

Chillie Con Carné  
with Boiled Rice  
or  
Wedges

Cheese and Tomato Pasta  
Jacket Potato  
(Beans, Cheese)

Lemon Drizzle Cake  
Flapjack  
Low Fat Yoghurts  
Fresh Fruit

**Wednesday**

Pork Chop  
Mashed Potato  
Peas

Plated Salads  
(Ham Cheese tuna or Jacket Potato)  
Jacket Potato  
(Beans, Cheese, Tuna)

Chocolate Sponge and Custard  
Flapjack  
Low Fat Yoghurts  
Fresh Fruit

**Thursday**

Chicken Fajita Wrap  
Savoury Wedges  
Roasted Meditaranian Vegetables

Vegetable Quiche  
Jacket Potato  
(Beans, Cheese)

Assorted Doughnuts  
Flapjack  
Low Fat Yoghurts  
Fresh Fruit

**Friday**

Fish and Chips  
Battered Sausage and Chips  
Mushy Peas  
Curry Sauce  
Gravy

Savoury Pattie and Chips  
Chip Sandwich  
Curry Sauce or Gravy  
Jacket Potato  
(Beans, Cheese)

Rock Buns  
Flapjack  
Low Fat Yoghurts  
Fresh Fruit