

# ARCHBISHOP SENTAMU ACADEMY

## Lunch Menu Week 3

**Monday**

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

Vegetable Samosa and Boiled  
Rice  
Jacket Potato  
(Beans, Cheese Tuna)

Rock Buns  
Flapjack  
Low Fat Yoghurts  
Fresh Fruit  
Fruit Pots

**Tuesday**

Pork Balls and Pasta in Tomato  
Sauce  
Pasta  
Sweetcorn

Roasted Vegetable Loaded Skins  
Jacket Potato  
(Beans, Tuna, Cheese)

Steamed Chocolate Sponge  
Flapjack  
Low Fat Yoghurts  
Fresh Fruit  
Fruit Pots

**Wednesday**

Spaghetti Bolognese  
&  
Garlic Bread  
Sweetcorn

Plated Salads  
(Ham Cheese Tuna Jacket Potato)  
Jacket Potato  
(Beans and Cheese)

Assorted Doughnuts  
Flapjack  
Low Fat Yoghurts  
Fresh Fruit  
Fruit Pots

**Thursday**

BBQ Chicken  
Wedges  
Mixed Vegetables

Roasted Vegetable Lasagne  
Jacket Potato  
(Beans, Tuna)

Jam Swiss Roll and Custard  
Flapjack  
Low Fat Yoghurts  
Fresh Fruit  
Fruit Pots

**Friday**

Fish and Chips  
Mushy Peas  
Battered Sausage

Pattie and Chips  
Chip Sandwich  
Curry Sauce or Gravy  
Jacket Potato  
(Cheese Tuna)

Chocolate Chip Cookie  
Flapjack  
Low Fat Yoghurts  
Fresh Fruit  
Fruit Pots