BREAK MENU

Week 1 & 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISHES	Popcorn Chicken (G,MK)	Ciabatta Chicken Pizza with Hot Sauce (G,MK)	BBQ Chicken and Jalapeño Baguette (G,MK)	Cuban Chicken wraps with salad (G,MK,SO)	Lunch Menu on sale
Price	£2.50	£2.00	£3.00	£2.50	
VEGETARIAN	Cheese on Toast (G,MK)	Cheese on Toast (G,MK)	Cheese on Toast (G,MK)	Cheese on Toast (G,MK)	
Price	£1.00	£1.00	£1.00	£1.00	
CROISSANTS	Chocolate Croissants (G,MK,SO)	Chocolate Croissants (G,MK,SO)	Chocolate Croissants (G,MK,SO)	Chocolate Croissants (G,MK,SO)	
Price	£1.50	£1.50	£1.50	£1.50	
YOGHURT	Yoghurt & Granola Pots (G,MK)	Yoghurt & Granola Pots (G,MK)	Yoghurt & Granola Pots (G,MK)	Yoghurt & Granola Pots (G,MK)	
Price	£1.50	£1.50	£1.50	£1.50	

ALLERGENS

CE = Celery	L = Lupin	P = Peanuts
CU = Crustacean	MK = Milk	SE = Sesame
E = Eggs	MO = Mollusc	SO = Soya
F = Fish	MU = Mustard	SU = Sulphites
G = Gluten	N = Nuts	

THE FOREST ACADEMY

LUNCH MENU

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISHES	Beef Lasagne Garlic Bread (G,MK,E)	Piri Piri Roast Chicken & trimmings (G,MK)	Chicken Fajita with Potato Wedges & Salad (G,MK)	BBQ Chicken & Spicy Rice (G,MK,E)	Battered Fish Chicken Strips (F,G,SO,CE)
PRICE	**£2.50**	**£2.50**	**£2.50**	**£2.50**	**£2.50**
VEGETARIAN	Quorn & Spinach Lasagne Garlic Bread (G,MK,E,SO)	Vegetable Puff & Trimmings (G,MK)	Roasted Veg, Chickpeas & Halloumi with wedges (G,MK)	Mac & cheese Garlic Bread (MK,G,E)	Pizza & Chips, Beans or Salad (G,MK)
PRICE	**£2.50**	**£2.50**	**£2.50**	**£2.50**	**£2.50**
JACKET POTATO	Jacket Potato + Filling (MK)	Jacket Potato + Filling (MK)	Jacket Potato + filling (MK)	Jacket Potato + filling (MK)	
PRICE	**£1.95**	**£1.95**	**£1.95**	**£1.95**	
PASTA KING	Pasta King (MK,G)	Pasta King (MK,G)	Pasta King (MK,G)	Pasta King (MK,G)	
PRICE	**£2.50**	**£2.50**	**£2.50**	**£2.50**	
DESSERT	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)

Filling choices Cheese and Beans

ALLERGENS

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LUNCH MEAL DEAL £3.00
(includes hot meal, plus a water/carton and piece of fruit or cake)

THE FOREST ACADEMY

LUNCH MENU

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISHES	Chicken or Pork Sausage With wedges (G,SU)	Chicken and Spinach Curry, Rice & Naan (G,MK)	Beef burger, salad & Roasted New Potatoes (G,MK,SO,SU)	Meatballs, Pasta and Salad (G)	Battered Fish Chicken Gougons (F,G,SO,CE)
PRICE	**£2.50**	**£2.50**	**£2.50**	**£2.50**	**£2.50**
VEGETARIAN	Quorn sausages with Wedges. (G)	Vegetable Curry, Rice & Naan (G,MK)	Spicy Bean Burgers, Salad Roasted New Potatoes (G)	Quorn Meatballs, Pasta and Salad (G)	Pizza & Chips, Beans or Salad (G,MK)
PRICE	**£2.50**	**£2.50**	**£2.50**	**£2.50**	**£2.50**
JACKET POTATO	Jacket Potato + filling (MK)	Jacket Potato + Filling (MK)	Jacket Potato + Filling (MK)	Jacket Potato + Filling (MK)	
PRICE	**£1.95**	**£1.95**	**£1.95**	**£1.95**	
PASTA KING	Pasta King (MK,G)	Pasta King (MK,G)	Pasta King (,MK,G)	Pasta King (MK,G)	
PRICE	**£2.50**	**£2.50**	**£2.50**	**£2.50**	
DESSERT	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50)

Filling choices Cheese and Beans, Chicken Mayo or Tuna Sweetcorn

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MEAL DEAL

LUNCH MEAL DEAL £3.00
(includes hot meal, plus a water/carton and piece of fruit or cake)

THE FOREST ACADEMY