



## Ark Boulton Lunch Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Battered Cod	Chicken Balti Curry	Peppered Beef & Baby Onion Pie	Herby Tomato Chicken Pasta Bake	Assorted Baguettes, Sub Rolls, Sandwiches
Veggie Mains	Macaroni & Pepper Bake Served with Garlic Bread	Vegetable & Spinach Balti Curry	Pepper, Quorn & Vegetable Flan	Herby Tomato Quorn Pasta Bake	Pasta & Salad Pots
Sides	Skinny Chips Garden Peas  Salad Bar	Coriander Rice Mixed Vegetables Popadoms Salad Bar	Mashed Potatoes Carrot & Cauliflower Onion Gravy Salad Bar	Garlic Bread Roast Carrots & Parsnips Peas & Corn Salad Bar	<b>Hot Choice</b> Wrap Choice Chicken or Quorn Tikka Burger Choice Fish or Vegetable
Desserts	Chocolate Concrete	Pineapple & Kiwi Cake	Marble Sponge	Lemon Crumble Bar	Dessert Choice
Fruit & Yoghurt	Fruit, Fruit Pots, Jelly, Trifle, Yoghurts and Daily Pudding Choice				
Price	<p>£2.20 Fixed Price            Adult Price £2.64 (including VAT)            Main course and side dishes            plus dessert &amp; fruit juice            Water available free of charge.</p>				