

# Noah's Arc Lunchtime Menu — October 2011 to April 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
Week Beginning 31 <sup>st</sup> October 2011 28 <sup>th</sup> November 2011 26 <sup>th</sup> December 2011 23 <sup>rd</sup> January 2012 20 <sup>th</sup> February 2012 19 <sup>th</sup> March 2012 Fresh Fruit Platter	Homemade Spaghetti Bolognese Homemade Cheese and Coleslaw Wrap Peas Baked Beans Choice of Salads	Homemade Margherita Pizza Sweetcorn Broccoli Florets Choice of Salads Fresh Fruit Platter	Roast Chicken served with Roast Potatoes and Gravy Homemade Quorn Keema Curry with Rice Fresh Cabbage Carrot Roundels Choice of Salads Fresh Fruit Platter	Lamb Meatballs in Homemade Tomato Sauce with Pasta Homemade Tuna Salad Wrap Homemade Vegetable Chilli Con Carne served with Rice Whole Green Beans Sweetcorn Choice of Salads Fresh Fruit Platter	Homemade Piri Piri Chicken Homemade Egg and Cheese Nest Cous Cous Baked Beans Garden Peas Choice of Salads Pineapple and Custard Fresh Fruit Platter
Week Beginning 7 <sup>th</sup> November 2011 5 <sup>th</sup> December 2011 2 <sup>nd</sup> January 2012 30 <sup>th</sup> January 2012 27 <sup>th</sup> February 2012 26 <sup>th</sup> March 2012 Homemade Rice Pudding with Mandarins	Homemade Neapolitan Pasta with Chicken Homemade Vegetable Chilli served with Rice Peas Baked Beans Choice of Salads	Homemade Cheese Flan served with Wedges Cauliflower Mixed Vegetables Choice of Salads Muller Fruit Corner Fresh Fruit Platter	Roast Lamb served served with Roast Potatoes with Gravy Homemade Spicy Pasta Bake with Lentils Fresh Cabbage Baton Carrots Choice of Salads Fresh Fruit Platter	Homemade Spaghetti Bolognese Homemade Jacket Potato with Cheese Broccoli Florets Sweetcorn Choice of Salads Fresh Fruit Platter	Homemade Vegetarian Lasagne Steamed Rice Baked Beans Garden Peas Choice of Salads Fresh Fruit Platter
Week Beginning 14 <sup>th</sup> November 2011 12 <sup>th</sup> December 2011 9 <sup>th</sup> January 2012 6 <sup>th</sup> February 2012 5 <sup>th</sup> March 2012 2 <sup>nd</sup> April 2012 Fresh Fruit Platter	Homemade Macaroni Cheese Baked Beans Mixed Vegetables Choice of Salads	Homemade Roasted Vegetable Pizza Sweetcorn Broccoli Florets Choice of Salads Peaches and Custard Fresh Fruit Platter	Roast Chicken served with Roast Potatoes and Gravy Homemade Tuna and Cucumber Wrap Homemade Roasted Vegetable Tart served with Roast Potatoes Cauliflower Florets Carrots Choice of Salads Fresh Fruit Platter	Homemade Quorn Paella Sweetcorn Whole Green Beans Choice of Salads Fresh Fruit Platter	Oven Baked Barbecue Chicken Homemade Rice & Vegetable Bake Cous Cous Baked Beans Garden Peas Choice of Salads Fresh Fruit Platter
Week Beginning 21 <sup>st</sup> November 2011 19 <sup>th</sup> December 2011 16 <sup>th</sup> January 2012 13 <sup>th</sup> February 2012 12 <sup>th</sup> March 2012 9 <sup>th</sup> April 2012 Homemade Semolina Pudding with Pears	Homemade Chilli Mince Homemade Jacket Potato with Cheese Oven Baked Herby Potatoes Peas Baked Beans Choice of Salads	Homemade Macaroni Cheese Sweetcorn Cauliflower Florets Choice of Salads Homemade Jelly with Fruit Fresh Fruit Platter	Roast Beef served with Gravy Homemade Vegetarian Lasagne Roast Potatoes Broccoli Florets Baton Carrots Choice of Salads Fresh Fruit Platter	Oven Baked Lamb Burger Homemade Roasted Vegetable Tart Oven Baked Wedges Baked Beans Sweetcorn Choice of Salads Fresh Fruit Platter	Oven Baked Jerk Chicken Homemade Vegetable Stir Fry served with Noodles Chipped Potatoes Steamed Rice Baked Beans Garden Peas Choice of Salads Fresh Fruit Platter

A choice of brown and white bloomer or french bread is available daily, some bread served without spread. Our baked beans are reduced salt and sugar. Our chipped potatoes and wedges are less than 5% fat. Cherry tomatoes, coleslaw and cucumber to be served daily with x2 additional salads. Homemade sauce available with main course dishes daily. Fresh fruit platter available daily.