

# Harpenden Academy Week Three

## Weekly menu



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Traditional Beef Lasagne with Home Made Wedges (G,D)	Sausages n Mash (D)	Traditional Roast Beef, Roast Potatoes & Yorkshire Pudding (G)	Chicken & Bacon Carbonara with Penne Pasta (G,D)	Breaded Fish Fillets with Baked New Potatoes (G)
Roasted Mediterranean Vegetable Lasagne with Home Made Wedges (G,D)	Vegetable Sausage n Mash (D)	Puff Pastry Vegetable Lattice with Roast Potatoes (G,D)	Vegetable Pasta Bake (G)	Tomato & Spinach Pie (G,D)
Seasonal Vegetables	Baked Beans	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Freshly Prepared Salads From The Salad Cart	Freshly Prepared Salads From The Salad Cart	Freshly Prepared Salads from The Salad Cart	Freshly Prepared Salads From The Salad Cart	Freshly Prepared Salads From The Salad Cart
Chocolate Sponge with Chocolate Sauce (G,D)	Cheese Cake (D)	Fruit Jelly	Chocolate & Vanilla Marble Cake (G,D)	Vanilla Ice-Cream (D)
Fruit Yoghurt Pots (D)	Fruit Yoghurt Pots (D)	Fruit Yoghurt Pots (D)	Fruit Yoghurt Pots (D)	Fruit Yoghurt (D)
Cut Fresh Fruit	Cut Fresh Fruit	Cut Fresh Fruit	Cut Fresh Fruit	Cut Fresh Fruit

### Available daily

Jacket Potatoes Are Available Mondays & Tuesday

(G) = Gluten

(D) = Dairy