




CUMBRIA ACADEMY FOR AUTISM WEEK 1

Freshly
made
every day!

DAY	CHOICE 1	 CHOICE 2	CHOICE 3	PUDDING
Monday	Homemade Ham, Margherita or Pepperoni Pizza served with Diced Potatoes, Peas and Sweetcorn	Oven Baked Jacket Potato filled with Tuna, Beans or Cheese served with optional Fresh Salad	Freshly Made Sandwich filled with Tuna, Cheese or Ham served with Fresh Salad	Chocolate Chip Cookie or Fresh Fruit or Frozen Yoghurt
Tuesday	Burger in a Bun served with Chips, Carrots and Peas	Oven Baked Jacket Potato filled with Tuna, Beans or Cheese served with optional Fresh Salad	Freshly Made Sandwich filled with Tuna, Cheese or Ham served with Fresh Salad	Kitchen Made Iced Sponge or Fresh Fruit or Frozen Yoghurt
Wednesday	Roast Chicken & Yorkshire Pudding served with Mash & Roast Potatoes, Yorkshire Pudding, Carrots, Peas and Gravy	Oven Baked Jacket Potato filled with Tuna, Beans or Cheese served with optional Fresh Salad	Freshly Made Sandwich filled with Tuna, Cheese or Ham served with Fresh Salad	Plain Muffin or Fresh Fruit or Frozen Yoghurt
Thursday	Cumberland Sausage served with Mashed Potatoes or Chips and Sweetcorn or Baked Beans	Oven Baked Jacket Potato filled with Tuna, Beans or Cheese served with optional Fresh Salad	Freshly Made Sandwich filled with Tuna, Cheese or Ham served with Fresh Salad	Strawberry Whip or Fresh Fruit or Frozen Yoghurt
Friday	Breaded Fish Fillet served with Chips and Beans or Peas	Oven Baked Jacket Potato filled with Tuna, Beans or Cheese served with optional Fresh Salad	Freshly Made Sandwich filled with Tuna, Cheese or Ham served with Fresh Salad	Jelly and Peaches or Fresh Fruit or Frozen Yoghurt

Available Daily: Fresh Fruit and Bread!



If you have any questions about food allergens please speak to the kitchen team who will be happy to help.





CUMBRIA ACADEMY FOR AUTISM WEEK 2

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DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
Monday	Meatballs served with Pasta, Sweetcorn, Peas and Gravy	Oven Baked Jacket Potato filled with Tuna, Beans or Cheese served with optional Fresh Salad	Freshly Made Sandwich filled with Tuna, Cheese or Ham served with Fresh Salad	Kitchen Made Shortbread or Fresh Fruit or Frozen Yoghurt
Tuesday	Battered Chicken Fillets served with Potato Waffles, Peas and Sweetcorn	Oven Baked Jacket Potato filled with Tuna, Beans or Cheese served with optional Fresh Salad	Freshly Made Sandwich filled with Tuna, Cheese or Ham served with Fresh Salad	Kitchen Made Chocolate Whip or Fresh Fruit or Frozen Yoghurt
Wednesday	Roast Ham served with Yorkshire Pudding, Mashed and Roast Potatoes, Carrots, Broccoli and Gravy	Oven Baked Jacket Potato filled with Tuna, Beans or Cheese served with optional Fresh Salad	Freshly Made Sandwich filled with Tuna, Cheese or Ham served with Fresh Salad	Kitchen Made Crispy Cake or Fresh Fruit or Frozen Yoghurt
Thursday	Kitchen Made Sausage Roll served with Mashed Potatoes or Chips and Beans or Peas	Oven Baked Jacket Potato filled with Tuna, Beans or Cheese served with optional Fresh Salad	Freshly Made Sandwich filled with Tuna, Cheese or Ham served with Fresh Salad	Chocolate Crunch or Fresh Fruit or Frozen Yoghurt
Friday	Fish Fingers served with Chips and Beans or Peas	Oven Baked Jacket Potato filled with Tuna, Beans or Cheese served with optional Fresh Salad	Freshly Made Sandwich filled with Cheese or Ham served with Fresh Salad	Ice Cream or Fresh Fruit or Frozen Yoghurt

Available Daily: Fresh Fruit and Bread!

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