

# Friars Primary School Summer menu 2018

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Main meat meal	Meatballs in tomato sauce and pasta	Beef and macaroni with crispy topped cheese	Roast pork and gravy	Ham and pineapple pizza	Fish fingers with/without a wrap
Main vegetarian meal	Cauliflower cheese	Jacket potato with beans	Quorn sausage with gravy	Cheese quiche	Veggie fingers with/without a wrap
Alternative options	Cold packed lunch	Cold packed lunch	Cold packed lunch	Cold packed lunch	Cold packed lunch
Accompaniments	Sweetcorn Salad bar	Peas Salad bar	Roast potatoes Cauliflower Salad bar	New potatoes Coleslaw Salad bar	Chips Baked beans Salad bar
Dessert	* Fresh fruit * Yoghurt * Fruity sponge and custard	Fresh fruit Yoghurt Chocolate arctic roll	Fresh fruit Yoghurt Ice cream tub	Fresh fruit Yoghurt Jelly and fruit	Fresh fruit Yoghurt Chocolate crispy cake
Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Main meat meal	Chicken curry with rice	Beef bolognese with penne pasta with garlic bread	Roast turkey and gravy	Chicken and vegetable pie	Pork sausages
Main vegetarian meal	Jacket potato with cheese and tuna	Neapolitan pasta with garlic bread	Veggie nuggets	Veggie roll	Quorn sausage in a roll
Alternative options	Cold packed lunch	Cold packed lunch	Cold packed lunch	Cold packed lunch	Cold packed lunch
Accompaniments	Sweetcorn Salad bar	Carrots Salad bar	Roast potatoes Mixed vegetables Salad bar	Pea Creamy mash Salad bar	Chips Baked beans Salad bar
Dessert	Fresh fruit Yoghurt Butterscotch tart	Fresh fruit Yoghurt Strawberry whip and shortbread biscuit	Fresh fruit Yoghurt Fruity ice cream tub	Fresh fruit Yoghurt Cheese and crackers	Fresh fruit Yoghurt 100% fruit ice cream roll

Every day we offer a cold packed lunch menu

- A choice of wholemeal and white rolls, wraps, sandwiches, baguettes or sausage rolls.
- A variety of fillings available daily: Ham, cheese, chicken, tuna, egg mayonnaise or cream cheese
- Accompanied by crudité's of either peppers, carrots or cucumber
- A piece of fresh fruit, a fruit pot, a packet of fruit, a variety of fruit yoghurts or fruit format frais
- Fresh fruit juice, semi-skimmed milk or water