



# Friars Academy Lunch Menu 2020/2021

## WEEK 1

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

<b>Main Course</b>	Chicken & bacon macaroni cheese	Ham & pineapple pizza	Roast beef, Yorkshire pudding & gravy	Baked sausages with gravy	Baked fish fingers or fish cakes
<b>Vegetarian Main</b>	Butternut, lentil & spinach lasagne	Roasted vegetable pizza	Vegetable & lentil stew	Quorn sausages with gravy	Vegetarian nuggets
<b>Accompaniments</b>	Garlic Bread	Diced potato	Roast potatoes	Mashed potato	Fries
<b>Vegetables</b>	Peas & sweetcorn	Mixed salad	Roast parsnips & carrots	Vegetables	Baked beans & mushy peas
<b>Desserts</b>	Melon pot	Raspberry jelly	Strawberry cheesecake	Friars ice cream sundae	Oatmeal & raisin cookie

## WEEK 2

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

<b>Main Course</b>	Beef lasagne	Pepperoni pizza	Roast chicken, Yorkshire pudding & gravy	Sausage Roll	Baked fish fingers or fish cakes
<b>Vegetarian Main</b>	Quorn bolognese	Margarita pizza	Vegetable kiev, Yorkshire pudding & gravy	Cheese & onion pasty	BBQ vegetarian fajita
<b>Accompaniments</b>	Garlic bread	Diced potato	Roast potatoes	Mashed potato	Fries
<b>Vegetables</b>	Green beans & peas	Cucumber & pepper strips	Carrots & broccoli	Baked beans	Baked beans & mushy peas
<b>Desserts</b>	Strawberry jam sponge & custard	Orange jelly & mandarins	Fresh fruit salad	Fruity flapjack	Chocolate chip cookie

## WEEK 3

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

<b>Main Course</b>	Pasta Bolognese	BBQ chicken & sweetcorn pizza	Roast gammon, stuffing & gravy	Southern fried chicken burger	Baked fish fingers or fish cakes
<b>Vegetarian Main</b>	Macaroni cheese	Mushroom, pepper & red onion pizza	Vegetarian shepherds pie	Bean burger in a bun	Cheese & onion goujons
<b>Accompaniments</b>	Garlic bread	Diced potato	Roast potatoes	Potato wedges	Fries
<b>Vegetables</b>	Broccoli & sweetcorn	Coleslaw	Carrots & cauliflower cheese	Sweetcorn & coleslaw	Baked beans & mushy peas
<b>Desserts</b>	Apple crumble & custard	Lemon jelly	Fruit & yoghurt pot	Grape pot	White chocolate & raspberry cookie