

## FRIARS ACADEMY LUNCH MENU 2023-2024

### Week 1

|                 | Monday                         | Tuesday                           | Wednesday                                        | Thursday                          | Friday                           |
|-----------------|--------------------------------|-----------------------------------|--------------------------------------------------|-----------------------------------|----------------------------------|
| Main course     | Jacket potato with tuna mayo   | Ham and pineapple pizza           | Roast chicken, sage and onion stuffing and gravy | Baked "Hot dog sausage" in a roll | Baked fish fingers or fish cakes |
| Vegetarian main | Jacket potato with baked beans | Mushroom, pepper and tomato pizza | Butternut, lentil and spinach lasagne            | Bean burger in a bun              | Vegetarian nuggets               |
| Accompaniments  | Coleslaw and cheese            | Diced potato                      | Roast potatoes                                   | Roasted potato wedges             | Fries                            |
| Vegetables      | Mixed salad                    | Carrot and yellow pepper sticks   | Peas and broccoli                                | Sweetcorn and coleslaw            | Baked beans and mushy peas       |
| Dessert         | Apple crumble and custard      | Lemon jelly                       | Strawberry cheesecake                            | Red grape pot                     | Chocolate chip cookie            |

### Week 2

|                 | Monday                                       | Tuesday                    | Wednesday                               | Thursday                                     | Friday                           |
|-----------------|----------------------------------------------|----------------------------|-----------------------------------------|----------------------------------------------|----------------------------------|
| Main course     | Chicken and sweetcorn pasta bake             | Pepperoni pizza            | Roast beef, Yorkshire pudding and gravy | Chicken tikka masala                         | Baked fish fingers or fish cakes |
| Vegetarian main | Veggie meatballs with pasta and tomato sauce | Margarita pizza            | Vegetarian shepherd's pie               | Southern fried Quorn escalope with BBQ sauce | Cheese and onion pasty           |
| Accompaniments  | Garlic bread                                 | Diced potato               | Roast potatoes                          | Boiled rice                                  | Fries                            |
| Vegetables      | Roasted vegetables                           | Coleslaw                   | Roasted carrots and parsnips            | Poppadums and sweetcorn                      | Baked beans and mushy peas       |
| Dessert         | Banana cake slice                            | Orange jelly and mandarins | Raspberry mousse                        | Melon pot                                    | White chocolate cookie           |

### Week 3

|                 | Monday                                | Tuesday                         | Wednesday                                  | Thursday                | Friday                           |
|-----------------|---------------------------------------|---------------------------------|--------------------------------------------|-------------------------|----------------------------------|
| Main course     | Meatballs with pasta and tomato sauce | BBQ Chicken and sweetcorn pizza | Roast gammon, Yorkshire pudding and gravy  | Beef/Cheeseburger       | Baked fish fingers or fish cakes |
| Vegetarian main | Macaroni cheese                       | Roasted vegetable pizza         | Quorn sausage, Yorkshire pudding and gravy | Buttermilk Quorn burger | BBQ vegetable fajita             |
| Accompaniments  | Garlic bread                          | Diced potato                    | Roast potatoes                             | Roasted potato wedges   | Fries                            |
| Vegetables      | Mixed salad                           | Cucumber and red pepper strips  | Cauliflower cheese and green beans         | Sweetcorn and coleslaw  | Baked beans and mushy peas       |
| Dessert         | Blueberry flapjack slice              | Raspberry jelly                 | Chocolate muffin                           | Pineapple pot           | Oat and raisin cookie            |