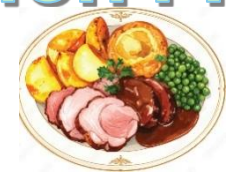
Friars Academy Lunch Menu 2026-2027



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Buttermilk Chicken Strips	Pepperoni Pizza	Roast Chicken, Yorkshire Pudding & Gravy	Sausage & Tomato Pasta	Baked Fish Fingers
Vegetarian Main	Vegetable Burger in a Sesame Bun	Margherita Pizza	Root Vegetable Dauphinoise Potato Bake	Roasted Vegetable & Tomato Gnocchi	Cheese & Onion Pasty
Accompaniments	Roast Potato Wedges	Diced Potato	Roast Potato	Garlic Bread	Chips
Vegetables	Corn on the Cob	Cucumber & Red Pepper Sticks	Cauliflower & Sliced Green Beans	Garden Salad	Baked Beans & Peas
Dessert	Banana Mousse	Strawberry Jelly	Cherry Shortbread	Watermelon	Chocolate Chip Cookie
Week 2	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Main Course	Mild Chilli Con Carne	Ham & Pineapple Pizza	Roast Pork, Stuffing & Gravy (Halal Roast Chicken Available)	Jacket Potato with Tuna Mayo or Coronation Chicken	Battered Chicken Chunks
Vegetarian Main	Hoisin Vegetable Noodles	Margherita Pizza	Quorn Sausage Casserole	Jacket Potato with Baked Beans	Mixed Bean & Cheese Quesadilla
Accompaniments	White & Brown 50/50 Rice	Diced Potato	Creamed Potato	Coleslaw	Chips
Vegetables	Sweetcorn	Carrots & Green Peppers	Peas & Carrots	Grated Cheese Salad	Wholewheat Spaghetti Hoops
Dessert	Strawberry Ripple Ice Cream Sponge	Orange Jelly	Rice Pudding & Jam Sauce	Fruit Salad	Beetroot Chocolate Brownie
Week 3	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Main Course	Chicken Tikka Curry	BBQ Meat Feast Pizza	Honey Roast Gammon with Yorkshire Pudding	Bolognese Pasta	Baked Fish Fingers
Vegetarian Main	Sweet Potato & Butternut Squash Dhansak	Margherita Pizza	Lentil & Quorn Cottage Pie	Tomato & Pesto Pasta	Vegan Sausage Roll
Accompaniments	Rice	Diced Potato	Roast Potato	Garlic Bread	Chips
Vegetables	Chapatis & Kachumber Salad	Green Salad	Broccoli, Cabbage & Leek Mix	Cucumber Slice & Yellow Pepper	Baked Beans & Peas
Dessert	Chocolate & Raspberry Mousse	Blackcurrant Jelly	Carrot Cake	Grape Pot	White Chocolate Chip Cookie