

Friars Academy - Lunch Menu 2018/19

Week One

Monday

Tuesday

Wednesday

Thursday

Friday

Main Course	Pasta Bolognaise	Ham & Pineapple Pizza	Roast Pork, Stuffing & Gravy	Baked Sausages	Baked Fish Fingers / Fish Cakes
Vegetarian Main	Butternut & Spinach Lasagne	Roasted Vegetable Pizza	Vegetable & Lentil Hot Pot	Cheese & Onion Pasty	Vegetarian Nuggets
Accompaniments	Garlic Bread	Diced Potato	Roast Potatoes	Mashed Potato	Fries
Vegetables	Peas & Carrots	Mixed Salad	Steamed Leeks & Cauliflower Cheese	Baked Beans	Baked Beans & Peas
Desserts	Chocolate Sponge with Chocolate Sauce	Raspberry Jelly	Fruit & Yoghurt Pot	Fruity Flapjack	Oatmeal & Raisin Cookie

Week Two

Monday

Tuesday

Wednesday

Thursday

Friday

Main Course	Homemade Beef Meatballs With Pasta	BBQ Chicken & Sweetcorn Pizza	Roast Gammon, Yorkshire Pudding & Gravy	Cheese Burger in a Bun	Baked Fish Fingers / Fish
Vegetarian Main	Tomato & Vegetable Pasta Bake	Margarita Pizza	Quorn Sausage, Yorkshire Pudding & Gravy	Bean Burger in a Bun	BBQ Quorn & Vegetable Fajita
Accompaniments	Garlic Bread	Diced Potato	Roast Potatoes	Potato Wedges	Fries
Vegetables	Green Beans & Carrots	Pepper Strips	Sweet Potato Mash & Broccoli	Sweetcorn & Salad	Baked beans & Peas
Desserts	Jam Sponge & custard	Orange Jelly With Mandarins	Fresh Fruit Salad	Friars Ice Cream Sundae	Chocolate Chip Cookie

Week Three

Monday

Tuesday

Wednesday

Thursday

Friday

Main Course	Beef Lasagne	Pepperoni Pizza	Roast Beef, Yorkshire Pudding & Gravy	Chicken Fajitas	Baked Fish Fingers / Fish Cakes
Vegetarian Main	Macaroni Cheese	Mushroom, Pepper & Red	Vegetarian Shepherds Pie	Vegetable & Quorn Tikka	Vegetarian Burger
Accompaniments	Garlic Bread	Diced Potato	Roast Potatoes	Rice	Fries
Vegetables	Broccoli & Sweetcorn	Coleslaw	Roast Parsnips & Cabbage	Roasted Vegetables	Baked Beans & Peas
Desserts	Banoffee Crumble & Custard	Strawberry Jelly	Strawberry Cheesecake	Lemon Tart	White Chocolate & Raspberry Cookie