



Frenchay Primary School



Week One Menu

Served Week Commencing: 2nd Nov, 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 8th March,

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheese & Tomato Pinwheel Served with Potato Wedges & Seasonal Vegetables	Sweet & Sour Chicken, Served with Rice and Seasonal Vegetables	Roast Chicken, Served with Roast Potatoes and Seasonal Vegetables and Gravy	Beef Lasagne, Served with Diced Potatoes and Seasonal Vegetables	Fish Fingers, Served with Chips, Seasonal Vegetables & Tomato Sauce
VEGETARIAN	Roasted Vegetable Frittata Served with Potato Wedges & Seasonal Vegetables	Sweet & Sour Vegetables, Served with Rice and Seasonal Vegetables	Veggie Mince Cobbler Served with Roast Potatoes and Seasonal Vegetables and Gravy	Veggie Mince Lasagne, Served with Diced Potatoes and Seasonal Vegetables	Cheese & Tomato Pizza, Served with Chips, Seasonal Vegetables and Tomato Sauce
DELI	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap
JACKET POTATO /PASTA	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese
DESSERT	Chocolate Cookie	Banana Traybake & Custard	Orange Jelly with Mandarin	Pear & Chocolate Sponge	Fresh Fruit Friday

AVAILABLE DAILY:

Choice of Bread, Fresh Salad Bar & Water
Seasonal Fresh Vegetables, Fresh Fruit, Yoghurt and Fruit Jelly



Frenchay Primary School



Week Two Menu

Served Week Commencing: 9th Nov, 30th Nov, 4th Jan,
25th Jan, 22nd Feb, 15th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheese & Onion Quiche Served with Potato Wedges and Seasonal Vegetables	Chicken Taco with Rice and Seasonal Vegetables	Roast Chicken with Roast Potatoes, Seasonal Vegetables and Gravy	Chicken & Bacon Pasta Carbonara, Served with Sliced Baguette and Seasonal Vegetables	Battered Fish Fillet Served with Chips, Seasonal Vegetables and Tomato Sauce
VEGETARIAN	Macaroni Cheese Served with Sliced Baguette and Seasonal Vegetables	Veggie Taco with Rice and Seasonal Vegetables	Veggie Cottage Pie Served with Roast Potatoes and Seasonal Vegetables and Gravy	Veggie Mince Pasta Bolognese Served with Sliced Baguette and Seasonal Vegetables	Cheese & Tomato Pizza, Served with Chips, Seasonal Vegetables and Tomato Sauce
DELI	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap
JACKET POTATO / PASTA	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese
DESSERT	Lemon Sponge	Chocolate Shortbread	Cheese & Crackers	Apple Crumble & Custard	Fresh Fruit Friday

AVAILABLE DAILY:

Choice of Bread, Fresh Salad Bar & Water
Seasonal Fresh Vegetables, Fresh Fruit, Yoghurt and Fruit Jelly



Frenchay Primary School



Served Week Commencing: 16th Nov, 7th Dec, 11th Jan,
1st Feb, 1st March, 22nd March

Week Three Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheese & Tomato Pinwheel, Served with Potato Wedges and Seasonal Vegetables	Chicken Burger in a Bun, Served with Potato Wedges and Seasonal Vegetables	Roast Chicken with Roast Potatoes and Seasonal Vegetables and Gravy	Chicken Curry with Rice and Seasonal Vegetables	Fish Fingers, Served with Chips, Seasonal Vegetables and Tomato Sauce
VEGETARIAN	Chinese-Style Egg Rice, Served with Potato Wedges and Seasonal Vegetables	Macaroni Cheese Served with Sliced Baguette and Seasonal Vegetables	Veggie Mince & Onion Pie with Roast Potatoes, Seasonal Vegetables and Gravy	Veggie Mince Keema with Rice and Seasonal Vegetables	Cheese & Tomato Pizza Served with Chips, Seasonal Vegetables and Tomato Sauce
DELI	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap
JACKET POTATO / PASTA	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise <u>NEW</u> Pasta with Tomato Sauce, Plain or with Grated Cheese
DESSERT	Shortbread	Chocolate Brownie	Pineapple Upside Down Cake	Apple Sponge & Custard	Fresh Fruit Friday

AVAILABLE DAILY:

Choice of Bread, Fresh Salad Bar & Water
Seasonal Fresh Vegetables, Fresh Fruit, Yoghurt and Fruit Jelly