



Excellence, compassion & respect for all

**FRAMWELLGATE
SCHOOL DURHAM**

Summer Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Option One	Cheese & Ham Toastie	Special Fried Rice (chicken* & pork sausage) (with curry sauce optional)	Mild Chicken* & Onion Curry (with steamed rice)	Cumberland Ring	Crunchy Coated Chicken* Burger (served in a small bun)
Main Course Option Two	Chicken* & Prawn Paella (peas, onions & tomatoes)	Chicken* Chow Mein (noodles, beansprouts, garlic, carrot, onions & cabbage)	Pasta Bar Rice & Penne Pasta Mini Meatballs* in a Tomato & Basil Sauce Mixed Cheese Sauce	Chicken* Fajita Wraps & Salad (garlic mayo optional)	Fish Fingers (3 fish fingers (omega3))
Vegetarian Option 	Tomato & Basil Pasta Bake (topped with cheese)	Sweet & Sour Vegetables & Rice		Cheese & Broccoli Pasta	Margherita Pizza Slice
Potato Dish	Mini Tater Tots (Potato)	Salt & Pepper Wedges	Naan Bread or Garlic Bread Slice	New Potatoes	Chipped Potatoes
Vegetables & Sauces	Mixed Vegetables Baked Beans Mixed Salad	Green Beans Sweetcorn Mixed Salad	Sweetcorn Garden Peas	Sweetcorn Mixed Salad Garden Peas Gravy	Baked Beans & Curry Sauce
Lite Bite Option	Baked Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)
Cold Sandwiches Hot Baguettes# Cold Pasta Pots# (all available daily)	Cold Sandwiches: White Tortilla Wraps, 50/50 Bread, Brown Bread, Cold White Baguettes				
Cakes Traybakes Snacks	<p>NMD: Double Chocolate Muffin#, Frosted Ring Doughnut#</p> <p>Fresh Fruit: Mandarin Segments, Pineapple Pot, Watermelon Pot, Red Grape Pot#, Green Grapes Pot#, Piece of Fruit, Carrot Stick Pot, Cucumber Stick Pot</p> <p>Traybakes: (Flapjack, Shortbread, Ginger Biscuit, Chocolate Brownie, Double Chocolate Cookie, Milk Chocolate Cookie, White Chocolate Cookie, Jam Filled Doughnut, Chocolate Filled Doughnut)</p> <p>Snacks#: Seedless Raisins Snack Box (14g), Sweet & Salty Popcorn Bag (14g), Fromage Frais Pouche (Strawberry & Raspberry)</p>				
Drinks#	<p>Juice Burst 330ml (Raspberry Lemonade, Orange & Passionfruit, Apple & Blackcurrant)</p> <p>Radnor Splash 500ml Sports Cap Drinks (Cherry, Strawberry, Orange & Passionfruit, Apple & Raspberry & Lemon & Lime)</p> <p>Harrogate 500ml Screw Cap Spring Still Water, Harrogate 330ml Screw Cap Spring Still Water, Semi Skimmed Milk 189ml Carton</p> <p>Radnor Splash 330ml Screw Cap (Strawberry, Orange & Passionfruit, Apple & Raspberry & Lemon & Lime)</p>				

Non-Meal Deal Items(NDM)#

All meat which are Halal certified will be marked with a *

