



Excellence, compassion & respect for all

**FRAMWELLGATE
SCHOOL DURHAM**

Summer Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Option One	Homemade Sausage Roll (pork sausage meat)	Homemade Mince Beef* Lasagne	Katsu Chicken* & Onion Curry (with steamed rice)	BLT Floured Bap (floured bap, bacon, lettuce & tomato (mayo optional))	Smokey Hot Dog (served in roll) (steamed onions optional)
Main Course Option Two	Chicken* & Broccoli Pasta (in a mixed cheese sauce)	Ham & Cheese Pitta Pizza	Pasta Bar Steamed Rice & Penne Pasta Pomodoro Sauce Cheese & Broccoli Sauce	Southern Fried Chicken (Drumsticks or boneless thigh)	Spicy Chicken* Breast
Vegetarian Option 	Cheese & Sweetcorn Panini	Macaroni Cheese (macaroni pasta, white sauce & topped with cheese)		Mediterranean Spicy Tomato Pasta Bake	Margherita Pizza Slice
Potato Dish	Mini Tater Tots (Potato)	Garlic Bread Slice	Naan Bread Garlic Bread Slice	Paprika Salted Potato Wedges	Chipped Potatoes
Vegetables & Sauces	Sweetcorn Baked Beans Garden Peas	Mixed Salad Broccoli Sweetcorn	Garden Peas Sweetcorn Baked Beans	Sweetcorn Baked Beans	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, White Bread, Brown Bread, Cold White Baguettes				
	Cold Fillings: Egg & Mayonnaise, Cheese, Cheese Salad, Ham, Ham Salad, Spicy Chicken*, Spicy Chicken* & Lettuce, Chicken* & Mayonnaise, Chicken* & Mayonnaise with Lettuce, Chicken Bacon & Mayonnaise, Cheese & Ham, Tuna & Mayonnaise, Tuna Mayonnaise & Cucumber				
	Hot Baguettes#: Margherita (pizza Sauce & Cheese), Spicy Chicken* & Cheese, Shredded Bacon & Cheese				
	Cold Pasta Pots#: Feta & Tomato Pasta Pot, Tomato & Basil with Cheese Pasta Pot, Chicken & Chorizo Salsa Pasta Pot, Tuna & Sweetcorn Pasta Pot				
Cakes Traybakes Snacks	NMD: Double Chocolate Muffin#, Frosted Ring Doughnut#				
	Fresh Fruit: Mandarin Segments, Pineapple Pot, Watermelon Pot, Red Grape Pot#, Green Grapes Pot#, Piece of Fruit, Carrot Stick Pot, Cucumber Stick Pot				
	Traybakes: (Flapjack, Shortbread, Ginger Biscuit, Chocolate Brownie, Double Chocolate Cookie, Milk Chocolate Cookie, White Chocolate Cookie, Jam Filled Doughnut, Chocolate Filled Doughnut)				
	Snacks#: Seedless Raisins Snack Box (14g), Sweet & Salty Popcorn Bag (14g), Fromage Frais Pouche (Strawberry & Raspberry)				
Drinks#	Juice Burst 330ml (Raspberry Lemonade, Orange & Passionfruit, Apple & Blackcurrant) Radnor Splash 500ml Sports Cap Drinks (Watermelon, Strawberry, Orange & Passionfruit, Apple & Raspberry & Lemon & Lime) Harrogate 500ml Screw Cap Spring Still Water, Harrogate 330ml Screw Cap Spring Still Water, Semi Skimmed Milk 189ml Carton Radnor Splash 330ml Screw Cap (Watermelon, Strawberry, Orange & Passionfruit, Apple & Raspberry & Lemon & Lime)				

Non-Meal Deal Items(NDM)#

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

