



Excellence, compassion & respect for all

**FRAMWELLGATE
SCHOOL DURHAM**

Summer Menu Week2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Option One	Sausage Stroganoff (sausage, mushrooms, onions, peas, milk, garlic & paprika (served with rice))	Special Fried Rice (chicken*, sausage, rice, peas, egg, carrot, soy sauce, garlic, onion (with curry sauce optional))	Chicken* Tikka & Turmeric Rice	Cumberland Ring	Crunchy Coated Chicken* Burger In a Bun
Main Course Option Two	Cajun Chicken* Leg (on the bone)	Bacon, Cheese & Tomato Puff Slice	Pasta Bar Rice/Turmeric Rice Pasta Shells/Twists/Spaghetti	Chicken* Pittas (pitta bread, pitta salad & garlic mayo)	Fish Fingers (100% white fish – omega 3)
Vegetarian Option 	Macaroni Cheese	Cheese & Tomato Puff Slice	Tomato & Basil Sauce Quorn Bolognese Sauce Cheese & Broccoli Chicken* in a Tomato Sauce Beef* Bolognese Sauce	Diced Quorn Pittas (pitta bread, pitta salad & garlic mayo)	Margherita Pizza Slice
Potato Dish	New Potatoes	Tater Tots (Potatoes)		Potato Wedges	Chipped Potatoes
Vegetables & Sauces	Seasonal Vegetables	Seasonal Vegetables	Naan Bread or Garlic Bread Slice Sweetcorn Peas, Baked Beans	Seasonal Vegetables	Baked Beans & Curry Sauce
Lite Bite Option	Jacket Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	Jacket Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	Jacket Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	Jacket Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	Jacket Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)
Salad Bowls Wraps Sandwiches & Baguettes (all available daily)	Tortilla Wraps, White & Brown Bread Sandwiches, Salad Bowls & 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 Baguette# Fillings: Margherita (Pizza Sauce & Cheese),  Spicy Chicken* & Cheese, Shredded Bacon & Cheese				
Cakes Traybakes	Double Chocolate Muffin#, Frosted Ring Doughnut# Fresh Pineapple Pot, Watermelon Pot, Red Grape Pot#, Green Grapes Pot#, Black Grapes Pot#, Low Fat Yoghurt Pouch, Piece of Fruit, Carrot Stick Pot, Cucumber Stick Pot Traybakes: (Flapjack, Chocolate Chip Shortbread, Chocolate Brownie, Double Chocolate Cookie, Milk Chocolate Cookie, White Chocolate Cookie, Jam Doughnut, Chocolate Doughnut), Sweet & Salty Popcorn (14g), Sunny Raisin Snack Box (14g)				
Drinks#	Juice Burst (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 Semi Skimmed Milk 189ml Carton, Harrogate 330ml Screw Cap Spring Still Water Radnor Splash 330ml Screw Cap (Watermelon, Strawberry, Orange & Passionfruit, Apple & Raspberry & Lemon & Lime)				

Non-meal deal Items#

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

