



Excellence, compassion & respect for all

**FRAMWELLGATE
SCHOOL DURHAM**

Winter Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option One	Minced Beef* Vegetable Stew & Dumpling	Chicken Breast* with one stuffing ball	Mild Chicken* & Onion Curry served with steamed rice	Cumberland Ring with gravy	Crunchy Coated Chicken* Burger served in a small, floured bun
Option Two	Special Fried Rice% chicken*, prawns rice, carrot, garlic, onion, peas & soya sauce (optional: curry sauce)	Tuna, Sweetcorn Pasta tuna, sweetcorn, courgette, onion, pasta in tomato sauce	Mini Meatballs* in a Tomato & Basil Sauce served with Pasta%	Chilli Chicken* Pitta sweet chilli chicken*, onion, cabbage salad in a pitta (optional: garlic mayonnaise)	Fish Fingers 3 fish fingers (omega3)
Vegetarian Option	Maccaroni Cheese	Vegetable Cottage Pie Carrots, onions, peas, lentils, sweetcorn, mushrooms in a rich gravy	Cheese & Broccoli Sauce Served with Pasta%	Mediterranean Pasta% (pasta, courgettes, sweetcorn, cherry tomato in a tomato sauce)	Margherita Pizza Slice
Potato Bread	New Potatoes	Mash Potato	Garlic Bread Slice Mini Naan Bread	Mini Roast Potatoes	Chipped Potatoes
Vegetables & Sauces	Mixed Vegetables Carrots Sweetcorn Gravy	Broccoli Carrots Green Beans Gravy	Sweetcorn Garden Peas Mixed Salad	Mixed Salad Carrots Garden Peas Gravy	Baked Beans & Curry Sauce
Lite Bite Option	Baked Potato +1 Filling (Tuna & Mayonnaise) (Baked Beans, Grated Cheese, Mixed Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Baked Beans, Grated Cheese, Mixed Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Baked Beans, Grated Cheese, Mixed Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Baked Beans, Grated Cheese, Mixed Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Baked Beans, Grated Cheese, Mixed Salad, Coleslaw)
Cold Bar	Cold Sandwiches: White Tortilla Wraps, 50/50 Bread, White Bread, Brown Bread, Cold White Baguettes				
	Cold Fillings: Egg & Mayonnaise, Cheese, Cheese Savoury, Cheese & Ham, Spicy Chicken*, Spicy Chicken* & Lettuce, Chicken* & Mayonnaise, Chicken* & Mayonnaise with Lettuce, Ham, Ham Salad, Tuna & Mayonnaise, Tuna Mayonnaise & Cucumber				
	Cold Pasta Pots: Feta & Tomato Pasta Pot, Tomato & Basil with Cheese Pasta Pot, Chicken & Chorizo Salsa Pasta Pot, Tuna & Sweetcorn Pasta Pot				
	Hot Baguettes: Margherita (pizza sauce & cheese), Spicy Chicken* & Cheese, Shredded Bacon & Cheese				
Fruit Pots Traybakes Light Snacks	Fresh Fruit: Mandarin Segments, Pineapple Pot, Watermelon Pot, Honeydew Melon, Red, Green, Black Grape Pot, Piece of Fruit, Carrot Stick Pot, Cucumber Stick Pot Traybakes: Flapjack, Shortbread, 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 Pouches (Strawberry & Raspberry)				

Halal certified meats marked with*

Rice & pasta dishes containing 50/50 white & wholemeal marked with%

Allergens & Intolerances – All our foods prepared & cooked on site daily. We have an Allergen process in place; please ensure you make your Allergens aware to our team prior to dining in our facilities. All Allergen information can be found on our schools' website.