



Excellence, compassion & respect for all

**FRAMWELLGATE
SCHOOL DURHAM**

Winter Menu Week B

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Option One	Homemade Corned Beef, Onion & Potato Pie	Beef* Cottage Pie	Chicken* Tikka & Onion Curry (with turmeric rice)	Special Fried Rice (chicken* & pork sausage) (with curry sauce optional)	Beef Burger in a Bun (cheese slice optional)
Main Course Option Two	Bangers & Mash (baked beans or vegetables)	Roast Pork (with one Yorkshire pudding)	Pasta Bar Turmeric Rice & Penne Pasta Bolognese Sauce Mixed Cheese Sauce	Mini Beef* Meatballs (in a mild onion gravy & rice)	Chicken Nuggets* (5 nuggets per portion)
Vegetarian Option 	Diced Quorn Curry & Steamed Rice	Cheese & Broccoli Pasta		Tomato & Basil Pasta Bake	Margherita Pizza Slice
Potato Dish	Mashed Potato	Roast Potatoes	Naan Bread Garlic Bread Slice	Paprika Potato Wedges	Chipped Potatoes
Vegetables & Sauces	Garden Peas Baked Beans Mixed Vegetables Gravy	Cabbage Carrots Sweetcorn Gravy	Garden Peas Sweetcorn Baked Beans	Green Beans Carrots Sweetcorn 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)
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#, Low Fat Fruit Yoghurts (variety of flavours), 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 Filled Doughnut, Chocolate Filled Doughnut) Seedless Raisins Snack Box (14g), Sweet & Salty Popcorn Bag (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 *

