



Excellence, compassion & respect for all

**FRAMWELLGATE
SCHOOL DURHAM**

Winter Menu Week C

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Option One	Homemade Beef* Lasagne	Roast Turkey* (with one stuffing ball)	Chicken* Meatball & Onion Curry (with steamed rice)	Spiced Beef* Tortilla Boat & Salad (garlic mayo optional)	Fish Finger Mac (3 fish fingers in a bun (omega3))
Main Course Option Two	Cumberland Ring	Minced Beef* & Mixed Vegetable Pie	Pasta Bar Steamed Rice & Penne Pasta Pomodoro Sauce Cheese & Broccoli Sauce	Chicken* Pittas (pitta, chicken, Shredded cabbage Salad (garlic mayo))	Spicy Chicken* Breast
Vegetarian Option 	Diced Quorn Biryani (turmeric rice, onions, peas, tomatoes & spices)	Macaroni Cheese (macaroni pasta, white sauce & topped with cheese)		Quorn* Pittas (pitta, diced quorn, Shredded cabbage Salad (garlic mayo))	Margherita Pizza Slice
Potato Dish	New Potatoes	Mashed Potato	Naan Bread Garlic Bread Slice	Salt & Pepper Potato Wedges	Chipped Potatoes
Vegetables & Sauces	Sweetcorn Baked Beans Garden Peas Gravy	Broccoli Carrots Green Beans Gravy	Garden Peas Sweetcorn Baked Beans	Mixed Vegetables 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)
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 *

