





## FRIARAGE CP. SCHOOL Week One

Available Daily: Pick & Mix S

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WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheese & Tomato Pizza with Tomato Pasta Salad	Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Stuffing & Roast Potatoes	Red Tractor Beef Pasta Bolognese & Garlic Bread	MSC Fish Fingers &
(& Halal Equivalent where Required)				4900	Chips
		Cheese & Onion Pastry Roll with	Quorn Grill with Gravy, Stuffing &	Plant-based Pasta Bolognese with	Crispy Vegetable Fingers & Chips
Option Two		Skill oil baked wedges	Roast Polatoes	Gaille Blead	
		Halal Chicken Sausage Roll with	Roast Chicken with Stuffing	Pasta Bolognese made with Red	
Halal Option		Skii oli bakea rotato weages	& Roast Potatoes	& Garlic Bread	
				<b>**</b>	
	Broccoli/Cauliflower & Carrots, Sweetcorn	Red Tractor British Peas, Baked Reans	Broccoli/Cauliflower & Carrots	Broccoli, Carrots & Cauliflower	Baked Beans British Red Tractor Garden Peas
Vegetables	V	10-4			Division Red Tractor Garden Peas
Sandwiches	Freshly Made Sandwich with Cheddar or Ham	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise	Freshly Made Sandwich with Cheddar or Ham	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise	Freshly Made Sandwich with Cheddar or Ham
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise, Salmon Mayonnaise-or Cheese or Beans
	Charalata Nassas and Ossas an	Hamana da Jam Bon	Wilder Front Charalata / P	Funda Charachana L.P. C	
Homomado Dossort	Smiles	Homemade Jam Buns & Custard	Pear) Brownie	Mandarin Segments (New	Homemade Vanilla & Cherry
Homemade Dessert				Homemade)	Cookie Cup & Custard 50%
	WEEK ONE  Main Meal Option 1 (& Halal Equivalent where Required)  Option Two  Halal Option  Vegetables  Sandwiches	Main Meal Option 1 (& Halal Equivalent where Required)  Option Two  Broccoli/Cauliflower & Carrots, Sweetcorn  Vegetables  Freshly Made Sandwich with Cheddar or Ham  Jacket Potato with Tuna Mayonnaise or Cheese or Beans  Chocolate Mousse and Orange Smiles	WEEK ONE  Monday  Cheese & Tomato Pizza with Tomato Pasta Salad  Cheese & Tomato Pizza with Tomato Pasta Salad  Cheese & Onion Baked Potato Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Halal Chicken Sausage Roll with Skin on Baked Potato Wedges  Broccoli/Cauliflower & Carrots, Sweetcorn  Vegetables  Freshly Made Sandwich with Cheddar or Ham  Baked Jacket Potato with Tuna Mayonnaise or Cheese or Beans  Chocolate Mousse and Orange Smiles  Chocolate Mousse and Orange Smiles  Red Tractor British Peas, Baked Beans  Freshly Made Sandwich with Cheddar or Tuna Mayonnaise or Cheese or Beans  Chocolate Mousse and Orange Smiles  Homemade Jam Buns & Custard	Main Meal Option 1 (& Halal Equivalent where Required)  Option Two  Cheese & Tomato Pizza with Tomato Pasta Salad  Cheese & Onion Pastry Roll with Skin on Baked Potato Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Roast Potatoes  Past Chicken with Stuffing & Roast Potatoes  Roast Potatoes  Roast Potatoes  Roast Potatoes  Broccoli/Cauliflower & Carrots, Sweetcorn  Wegetables  Broccoli/Cauliflower & Carrots, Sweetcorn with Cheddar or Ham  Freshly Made Sandwich with Cheddar or Tuna Mayonnaise  Freshly Made Sandwich with Cheddar or Tuna Mayonnaise  Cheese or Beans  Chocolate Mousse and Orange Smiles  Chocolate Mousse and Orange Smiles  Chocolate Mousse and Orange Smiles  Cheese or Bears  Red Tractor British Peas, Baked Beard With Cheddar or Tuna Mayonnaise or Cheese or Beans  With Cheddar or Tuna Mayonnaise or Cheese or Beans  Chocolate Mousse and Orange Smiles  Chocolate Mousse and Orange Smiles  Cheese or Bears  WEDNESDAY  Red Tractor Pork Sausage Roll with Suuriling & Roast Chicken with Stuffing & Roast Potatoes  Read Tractor Pork Sausage Roll with Suuriling & Roast Potatoes  Roast Potatoes  Roast Potatoes  Broccoli/Cauliflower & Carrots  Beans  Freshly Made Sandwich with Cheddar or Tuna Mayonnaise or Cheese or Beans  Chocolate Mousse and Orange Smiles  Cheese or Beans  Cheese or Bears  Cheese or Bears	Main Meal Option 1 (& Halal Equivalent where Required)  Cheese & Tomato Pizza with Tomato Pasta Salad  Cheese & Onion Pastry Roll with Skin on Baked Potato Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese & Onion Pastry Roll with Skin on Baked Wedges  Cheese Onion Pastry Roll with Skin on Baked Wedges  Cheese Onion Pastry Roll with Skin on Baked Wedges  Cheese Onion Pastry Roll with Skin on Baked Wedges  Cheese Onion Pastry Roll with Skin on Baked Wedges  Cheese Onion Pastry Roll with Skin on Baked Wedges  Cheese Onion Pastry Roll with Skin on Baked Wedges  Cheese Onion Pastry Roll with Skin on Baked Wedges  Cheese Onion Pastry Roll with Skin on Baked Wedges  Cheese Onion Pastry Roll with Skin on Baked Wedges  Roast Chicken with Stuffing & Roast Chicken with Stuffing & Roast Chicken with Stuffing & Roast Potatoes  Brocation Pastry Roll with Skin on Baked Potatoes  Brocat Chicken with Stuffing & Roast Chicken with Stuffing & Roast Chicken with Stuffing & Roast Potatoes  Brocat Chicken with Stuffing & Roast Chicken with Stuffing & Roast Chicken with Stuffing & Roast Potatoes  Brocat Chicken Standard Pastry Roll with Skin on Baked Potatoes  Brocat Chicken Standard Pastry Roll with Standard Pastry Roll with Cheddar or Tuna Mayonnaise or Cheese or Beans  Cheese On











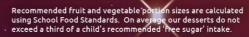


















## **Week Two**

Available Daily: Pick & M

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	WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Main Meal Option 1 (& Halal Equivalent where Required)	Cheese & Tomato Pizza with Tomato Pasta Salad	Red Tractor Pork Sausage with Mashed Potatoes & Gravy	Roast Chicken with Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals	MSC Fish Fingers & Chips
	Option Two		Plant Based Sausage with Mashed Potatoes & Gravy	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Vegetable Pasta Spirals	Crispy Vegetable Fingers & Chips
	Halal Option		Red Tractor Halal Chicken Sausage with Mashed Potatoes & Gravy	Halal Roast Chicken with Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals	
	Vegetables	Baked Beans or British Red Tractor Garden Peas	Broccoli/Cauliflower & Carrots	Broccoli/Cauliflower & Carrots, Sweetcorn	Broccoli/Cauliflower & Carrots	Baked Beans, British Red Tractor Garden Peas
•	Sandwiches	Freshly Made Sandwich with Cheddar or Ham	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise	Freshly Made Sandwich with Cheddar or Ham	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise	Freshly Made Sandwich with Cheddar or Ham
	Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
	Homemade Dessert	Apple & Sultana Crumble Bar with Custard	Iced Carrot Cake & Orange Slices	Chocolate Shortbread/Pinwheels with Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice









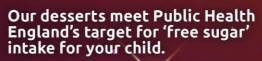
















## **Week Three**

**Available Daily: Pick & Mix Selection, Fresh** 

	WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Main Meal Option 1 (& Halal Equivalent where Required)	Cheesy Pasta Spirals with Pizza Style Topping	Beef Lasagne with Garlic & Tomato Bread	Chicken in Gravy with Stuffing With Roast Potatoes	Beef & Potato Pie with Mash <u>or</u> Skin on Potato Wedges ½ portion	MSC Fish Fingers & Chips
	Option Two		Vegetable Lasagne with Garlic & Tomato Bread	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Cheese, Onion & Potato Pie with Mash or Skin on Potato Wedges ½ portion	Crispy Vegetable Fingers & Chips
	Halal Option		Halal Lamb or Beef Lasagne with Garlic & Tomato Bread	Roast Chicken & Stuffing Roast Potatoes & Gravy	Halal Lamb or Beef & Potato Pie with Mash <u>or</u> Skin on Potato Wedges ½ portion	
	Vegetables	Broccoli/Cauliflower & Carrots & Sweetcorn	Sweetcorn & Carrots	Broccoli/Cauliflower & Carrots	Baked Beans, British Red Tractor Garden Peas	Baked Beans, British Red Tractor Garden Peas
ı	Sandwiches	Freshly Made Sandwich with Cheddar or Ham	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise	Freshly Made Sandwich with Cheddar or Ham	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise	Freshly Made Sandwich with Cheddar or Ham
•	Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
	Homemade Dessert	Lemon Cupcake with Fruit Slices	Chocolate Cookie & Orange Wedges	Chocolate Crunch 'Concrete' & Chocolate Sauce or Pink Custard	Strawberry Mousse	Lemon Drizzle Cake With Custard



















Our desserts meet Public Health England's target for 'free sugar' intake for your child.

