
















# FRIARAGE CP SCHOOL Week One

Available Daily: Pick & Mix Selection, Fresh Bread, Fresh Fruit & Yoghurt

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option 1</b> (& Halal Equivalent where Required)	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 & Chips
<b>Option Two</b>		Cheese & Onion Pastry Roll with Skin on Baked Wedges	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Plant-based Pasta Bolognese with Garlic Bread 	Crispy Vegetable Fingers & Chips
<b>Halal Option</b>		Halal Chicken Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Stuffing & Roast Potatoes	Pasta Bolognese made with Red Tractor Halal Lamb or Beef & Garlic Bread 	
<b>Vegetables</b>	Broccoli/Cauliflower & Carrots, Sweetcorn 	Red Tractor British Peas, Baked Beans 	Broccoli/Cauliflower & Carrots 	Broccoli, Carrots & Cauliflower Sweetcorn 	Baked Beans British Red Tractor Garden Peas 
<b>Sandwiches</b>	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
<b>Baked Jacket Potatoes</b>	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 
<b>Homemade Dessert</b>	Chocolate Mousse and Orange Smiles 	Homemade Jam Buns & Custard	'Hidden Fruit' Chocolate, (Beetroot & Pear) Brownie	Fruity Strawberry Jelly & Mandarin Segments (New Homemade)	Homemade Vanilla & Cherry Cookie Cup & Custard 

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



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










Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.





# Week Two

Available Daily: Pick & Mix Selection, Fresh Bread, Fresh Fruit & Yoghurt

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

Portion(s) of fruit or veg 

Source of wholegrain 

Contains plant-based proteins 

50% fruit 

Oily fish 

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# Week Three

Available Daily: Pick & Mix Selection, Fresh Bread, Fresh Fruit & Yoghurt



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option 1</b> (& 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
<b>Option Two</b>		Vegetable Lasagne with Garlic & Tomato Bread 	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Cheese, Onion & Potato Pie with Mash <u>or</u> Skin on Potato Wedges ½ portion	Crispy Vegetable Fingers & Chips
<b>Halal Option</b>		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	
<b>Vegetables</b>	Broccoli/Cauliflower & Carrots & Sweetcorn 	Sweetcorn & Carrots 	Broccoli/Cauliflower & Carrots 	Baked Beans, British Red Tractor Garden Peas 	Baked Beans, British Red Tractor Garden Peas 
<b>Sandwiches</b>	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
<b>Baked Jacket Potatoes</b>	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
<b>Homemade Dessert</b>	Lemon Cupcake with Fruit Slices 	Chocolate Cookie & Orange Wedges 	Chocolate Crunch 'Concrete' & Chocolate Sauce or Pink Custard	Strawberry Mousse	Lemon Drizzle Cake With Custard

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



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