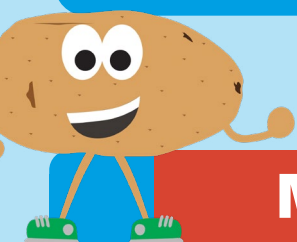


Homemade bread,
selection of seasonal
vegetables or fresh
salad served daily

Frizinghall Primary School

Wk 1 - 21st Apr, 12th May,
2nd Jun, 23rd Jun, 14th Jul,
1st Sep, 22nd Sep, 13th Oct
Wk 2 - 28th Apr, 19th May,
9th Jun, 30th Jun, 21st Jul,
8th Sep, 29th Sep, 20th Oct
Wk 3 - 5th May, 26th May,
16th Jun, 7th Jul, 28th Jul,
15th Sep, 6th Oct, 27th Oct



MON

TUES

WED

THUR

FRI

WEEK 1

Cheese Flan
(Served with Paprika Potatoes, Seasonal Vegetables or Salad)

Arrabiata Pasta
(Served with Crusty Bread & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

Hot Sub Roll

Apple Cake
(Baked Vanilla Sponge with Blended Apples & topped with Icing Sugar)

Freshly Prepared Fruit

Halal Meat Lasagne
(Served with Garlic Bread & Salad)

Quorn Meatballs
(Served with Rice & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

Hot Sub Roll

Flapjack

Freshly Prepared Fruit

Halal Roast Chicken Tikka Dinner
(Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)

Quorn Roast
(Served with Yorkshire Pudding & Seasonal Vegetables)

Assorted Jacket Potatoes
Selection of Sandwiches

Hot Sub Roll

Old School Sponge Cake
(Served with Custard)

Freshly Prepared Fruit

Halal Chicken Nuggets
(Served with Jacket Wedges & Salad)

MSC Fish Fingers
(Served with Jacket Wedges & Salad or Seasonal Vegetables)

Vegetable Pakoras
(Served with Jacket Wedges, Riata & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

Ice Cream Tubs

Freshly Prepared Fruit

Cheese & Tomato Pizza
(Served with Chips & Beans or Salad)

Loaded Vegetable Pizza
(Served with Chips & Salad)

Spicy Vegetable Spring Roll
(Served with Paprika Potatoes, Salad or Seasonal Vegetables)

Assorted Jacket Potatoes
Selection of Sandwiches

Marble Sponge
(Served with Chocolate Sauce)

Freshly Prepared Fruit



WEEK 2

Halal Chilli
(Served with Rice & Salad)

Veggie Mince Pasta Bolognese
(Served with Garlic Bread & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

Hot Sub Roll

Jam Sponge
(Served with Custard)

Freshly Prepared Fruit

Halal Chicken Burrito
(Served with Nachos, Coleslaw or Salad)

Homemade Cheese & Onion Pasty
(Served with Seasoned Potatoes, Salad or Seasonal Vegetables)

Vegetable Samosas / Potatoes
(Served with Riata, Seasoned Potatoes & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

Hot Sub Roll

Fruity Flapjack

Freshly Prepared Fruit

Halal Chicken Korma
(Served with Naan Bread & Salad)

Chickpea Tikka Masala
(Served with Naan Bread & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

Hot Sub Roll

Chocolate Brownie

Freshly Prepared Fruit

MSC Battered Fish
(Served with Chips, Salad or Vegetables)

Vegetable Dippers
(Served with Ketchup, Chips, Salad or Seasonal Vegetables)

Assorted Jacket Potatoes
Selection of Sandwiches

Fruit Jelly
(Fruit Jelly topped with Cream)

Freshly Prepared Fruit

Cheese & Tomato Pizza
(Served with Jacket Wedges & Beans or Salad)

Mini Meatless Ball Pizza
(Served with Jacket Wedges, Baked Beans or Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

Chocolate Sponge
(Served with Chocolate Sauce)

Freshly Prepared Fruit

WEEK 3

Halal Butter Chicken
(Served with Rice & Salad)

Cheese Roll
(Served with Seasoned Potatoes & Seasonal Vegetables)

Pomodoro Pasta
(Served with Fusilli Pasta, Crusty Bread & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

Hot Sub Roll

Sprinkle Cake
(Vanilla Sponge topped with Icing & Sprinkles)

Freshly Prepared Fruit

Halal Keema Biryani
(Served with Crusty Bread & Salad)

Mac & Cheese
(Served with Crusty / Garlic Bread & Salad)

Veg Jambalaya
(Seasoned Vegetables & Rice, served with Crusty Bread & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

Hot Sub Roll

Lemon Shortcake
(Served with Custard)

Freshly Prepared Fruit

Halal Beef Burger in a Bun
(Served in a Bun, with Chips & Salad)

Quorn Burger in a Bun
(Served with Chips & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

Hot Sub Roll

Cornflake Tart
(Served with Custard)

Freshly Prepared Fruit

MSC Salmon & Sweet Potato Fishcake
(Served with Creamed Potatoes & Seasonal Vegetables)

MSC Fish Fingers
(Served with Creamed Potatoes & Seasonal Vegetables)

Aloo Gobi
(Served with 50/50 Rice & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

Vanilla Cookie

Freshly Prepared Fruit

Cheese & Tomato Pizza
(Served with Chips & Beans or Salad)

Loaded Vegetable Pizza
(Served with Chips & Salad)

Assorted Jacket Potatoes
Selection of Sandwiches

Chocolate Sponge
(Served with Chocolate Sauce)

Freshly Prepared Fruit



the **food quarter**

FM SERVICES

For full allergen & nutritional information head to our app

