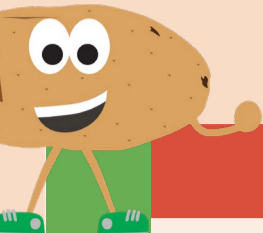


Homemade bread,
selection of seasonal
vegetables / fresh salad
and fresh fruits served
daily

Frizinghall Primary School

Wk 1 - 3rd Nov, 24th Nov,
15th Dec, 5th Jan, 26th Jan,
16th Feb, 9th Mar, 30th Mar
Wk 2 - 10th Nov, 1st Dec,
22nd Dec, 12th Jan, 2nd Feb,
23rd Feb, 16th Mar, 6th Apr
Wk 3 - 17th Nov, 8th Dec,
29th Dec, 19th Jan, 9th Feb,
2nd Mar, 23rd Mar, 13th Apr



MON

TUES

WED

THUR

FRI

WEEK 1

- Halal Keema & Peas**
(Red Tractor Accredited HMC Beef Mince & Peas in a Spicy Pilau Rice)
 - Golden Cheese Whirl**
(Cheese, Potato & Onion encase in Puff Pastry, served with baked Jacket Wedges)
 - Pomodoro Pasta**
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)
- Assorted Jacket Potatoes / Selection of Sandwiches

Chocolate Sponge & Chocolate Sauce
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

- Tuna Pasta Bake**
(MSC Tuna Fish in a Creamy Cheese Sauce with Pasta & Baked)
 - Mexican Style Burrito**
(Rice, Sweet Potato, Beans & Vegetables seasoned with Mexican spices & baked in a Tortilla wrap)
 - Garden Harvest Tikka & Rainbow Rice**
(Indian inspired aromatic Vegetable Curry served with Rainbow Rice)
- Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Pears & Ice Cream with Syrup
(Vanilla Ice Cream with Tinned Pear Slices with a Chocolate flavoured Syrup)

- Halal Roast Chicken Breast**
(Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy)
 - Pasta Bolognese**
(A rich Tomato sauce with Soya Mince, Peppers and Herbs)
- Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Fruity Flapjack
(A sweet Bar made with Oats, Golden Syrup & Butter with Fruit)

- Halal Chicken Breast Nuggets**
(HMC Accredited Halal Chicken Breast lightly battered, served with Baked Jacket Wedges & optional Garlic Dip)
 - Crispy Dippers**
(A blend of Vegetables and Potato coated in Breadcrumbs served with Ketchup and baked Jacket Wedges)
 - Spaghetti Marinara**
(A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese)
- Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Strawberry Sponge & Custard
(Homemade, light Vanilla Sponge with a Strawberry Jam swirl, served with Custard)

- Classic Cheese & Tomato Pizza with Coleslaw & Salad**
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/ Cheddar Cheese)
 - Arrabiata Pasta**
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)
- Assorted Jacket Potatoes / Selection of Sandwiches

Banana Muffins
(A fluffy Vanilla Sponge, with Bananas & drizzled with Icing)

WEEK 2

- Halal Chicken Rogan Josh**
(Red Tractor Accredited HMC diced Chicken in a Tomato based Curry Sauce with Pilau Rice or Naan Bread)
 - Pomodoro Pasta**
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)
- Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

This will now be served on Thursday.

Gallydale Biscuits
(Homemade, crumbly, Oaty Biscuit)

- Halal Beef & Red Lentil Bolognese & Garlic Bread**
(Red Tractor Accredited HMC Beef Mince in a rich Tomato, Herb & Garlic Sauce, served with Fusilli Pasta)
 - Golden Cheese Flan**
(Mature Cheddar Cheese & Egg Baked in a Pastry Case, served with Seasoned Potatoes)
 - Zingy Peppers Pasta**
(A zingy Tomato Sauce with Peppers served with Pasta)
- Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Lemon Shortcake & Custard
(A rich shortbread finger with a hint of Lemon, served with Custard)

- Halal Hot Chicken Melt**
(Red Tractor Accredited HMC sliced Chicken Breast & Melted Cheese in a White part baked Roll)
 - Fajita Pasta Bake**
(Pasta smothered in a Creamy sauce with Fajita Spice & topped with Melted Cheese, served with Crusty Bread)
 - Garden Harvest Tikka & Rainbow Rice**
(Indian inspired aromatic Vegetable Curry served with Rainbow Rice)
- Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Decorated Fruit Jelly
(Jelly with Fruit, topped with Fresh Cream)

- MSC Battered Fish Fillet**
(MSC Battered Fillet of Fish, served with Baked Jacket Wedges)
 - Vegetable Pakoras**
(Mixed Vegetables & Onion coated in Tempura Batter, served with Baked Jacket Wedges & Raita)
 - Chickpea Tikka Masala**
(Chickpea's cooked in a Tikka Masala Sauce, served with Basmati Rice)
- Assorted Jacket Potatoes / Selection of Sandwiches

This will now be served on Monday.

Sprinkle Cake
(Homemade Vanilla Sponge, lightly topped with Water Icing and Sprinkles)

- Classic Cheese & Tomato Pizza with Coleslaw & Salad**
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/ Cheddar Cheese)
 - Loaded Rainbow Pizza**
(Wholemeal 50/50 Base topped with a lightly spiced Sauce, and topped with Mozzarella/Cheddar Cheese & Vegetables)
 - Arrabiata Pasta**
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)
- Assorted Jacket Potatoes / Selection of Sandwiches

Marble Sponge & Chocolate Sauce
(Homemade Sponge with hints of both Vanilla & Chocolate Cake, served with Chocolate Sauce)

WEEK 3

- Loaded Wedges with a Mild Mexican Halal Chilli**
(Red Tractor Accredited HMC Beef Mince in a mild, homemade Chilli Sauce served on Baked Jacket Wedges)
 - Pomodoro Pasta**
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)
- Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Chocolate Crispy Crunch
(A sweet Bar made from puffed Rice, Cocoa & Syrup)

- Halal Creamy Chicken Pasta & Crusty Bread**
(Red Tractor Accredited HMC diced Chicken in a homemade Creamy Sauce with Garlic, served with Penne Pasta)
 - Rainbow Jambalaya Jamboree**
(Mildly spiced Rice with Peppers, Vegetables and Beans, served with Crusty Bread)
 - BBQ Quorn Pasta**
(Quorn Pieces in a Barbeque flavoured Tomato Sauce, served with Wholemeal Pasta)
- Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

Vanilla Sponge
(Homemade, light Vanilla Sponge with a hint of Vanilla, served with Custard)

- Halal Chicken Tikka Masala with Pilau Rice or Naan**
(Red Tractor Accredited HMC Chicken & Chickpeas in a mild Curry Sauce with Pilau Rice or Naan Bread)
 - Golden Cheese Roll**
(Cheese mix wrapped in Puff Pastry, served with Creamed Potatoes & Seasonal Vegetables)
 - Chinese Curry**
(A Chinese Style Vegetable Curry served with Rainbow Rice)
- Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

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

- MSC Breaded Fish Fillet Fingers**
(MSC Fish Fillet Fingers, served with Seasoned Potatoes)
 - MSC Salmon & Sweet Potato Fishcake**
(MSC Salmon & Sweet Potato, served with Seasoned Potatoes)
 - Spaghetti Marinara**
(A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese)
- Assorted Jacket Potatoes / Selection of Sandwiches

Chocolate Sponge & Chocolate Sauce
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

- Classic Cheese & Tomato Pizza with Coleslaw & Salad**
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)
 - Arrabiata Pasta**
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)
- Assorted Jacket Potatoes / Selection of Sandwiches

Pears & Ice Cream with Syrup
(Vanilla Ice Cream with Tinned Pear Slices with a Chocolate flavoured Syrup)



the **food quarter**

FM SERVICES

For full allergen & nutritional information head to our app

