






Excellence, compassion & respect for all

**FRAMWELLGATE  
SCHOOL DURHAM**

## Winter Menu Week1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course Option One</b>	Chicken Breast* (with one stuffing ball)	Beef* Bolognaise Pasta Bake (topped with mixed cheese)	Mild Chicken* Curry & Steamed Rice	Special Fried Rice (chicken* & pork sausage) (with curry sauce optional)	Beef Burger in a Bun (cheese slice optional)
<b>Main Course Option Two</b>	Minced Beef* Vegetable Stew & Dumplings	Homemade Sausage Roll (pork sausage meat)	Pasta Bar  Rice ~ Pasta Shells/Twists/Spaghetti	Tuna & Sweetcorn Pasta Bake (tomato sauce with cheese)	Popcorn Chicken*
<b>Vegetarian Option</b> 	Tomato & Basil Pasta Bake (topped with cheese)	Stir Fried Vegetables with Egg Noodles	Carbonara Sauce Meatballs* in Tomato & Basil Pomodoro Sauce Cheese & Broccoli Chicken* in a Tomato Sauce Bolognaise Sauce	Quorn Mince Spaghetti Bolognaise	Margherita Pizza Slice
<b>Potato Dish</b>	Mashed Potatoes	Mini Roast Potatoes		New Potatoes	Chipped Potatoes
<b>Vegetables &amp; Sauces</b>	Seasonal Vegetables	Seasonal Vegetables	Naan Bread or Garlic Bread Slice Sweetcorn Peas Baked Beans	Seasonal Vegetables	Baked Beans & Curry Sauce
<b>Lite Bite Option</b>	<b>Baked Potato +1 Filling</b> (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	<b>Baked Potato +1 Filling</b> (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	<b>Baked Potato +1 Filling</b> (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	<b>Baked Potato +1 Filling</b> (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	<b>Baked Potato +1 Filling</b> (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)
<b>Salad Bowls Wraps Sandwiches &amp; Baguettes</b> (all available daily)	Tortilla Wraps, White & Brown Bread Sandwiches, Salad Bowls & Baguettes				
	<b>Cold Fillings:</b> 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 <b>Hot Baguette# Fillings:</b> Pizza Sauce & Cheese,  Spicy Chicken* & Cheese, Shredded Bacon & Cheese				
<b>Cakes Traybakes</b>	Double Chocolate Muffin#, Frosted Ring Doughnut# Fresh Pineapple Pot, Watermelon Pot, Honeydew Melon Pot, Red Grape Pot#, Green Grapes Pot#, Low Fat Fruit Yoghurts (variety of flavours), Piece of Fruit, Carrot Stick Pot, Cucumber Stick Pot <b>Traybakes:</b> (Flapjack, Chocolate Chip Shortbread, Chocolate Brownie, Double Chocolate Cookie, Milk Chocolate Cookie, White Chocolate Cookie, Jam Doughnut, Chocolate Doughnut) Sunny Raisin Snack Box (14g)				
<b>Drinks#</b>	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 \*

