






Excellence, compassion & respect for all

**FRAMWELLGATE
SCHOOL DURHAM**

Winter Menu Week3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Option One	Roast Turkey* (with one stuffing ball)	Cumberland Ring (with a red onion gravy)	Chicken* Meatball Curry (with onions) & Steamed Rice	Mince Beef* Spaghetti Bolognaise	Smoked Hot Dog in a Roll (cooked onions optional)
Main Course Option Two	Minced Beef* & Vegetable Pie	Homemade Beef* Lasagne	Pasta Bar Rice ~ Pasta Shells/Twists/Spaghetti	Salt & Pepper Chicken Leg	Spicy Chicken* Breast
Vegetarian Option 	Macaroni Cheese (macaroni pasta, white sauce & topped with cheese)	Quorn Mince Vegetable Stew & Dumplings	Carbonara Sauce Meatballs* in Tomato & Basil Pomodoro Sauce Cheese & Broccoli Chicken* in a Tomato Sauce Bolognaise Sauce	Diced Quorn Biryani (onions, peas & fresh tomato)	Margherita Pizza Slice
Potato Dish	New Potatoes	Mashed Potato		Homemade Hickory Potato Wedges	Chipped Potatoes
Vegetables & Sauces	Seasonal Vegetables	Seasonal Vegetables	Naan Bread or Garlic Bread Slice Sweetcorn Peas Baked Beans	Seasonal Vegetables	Baked Beans & Curry Sauce
Lite Bite Option	Baked Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)	Baked Potato +1 Filling (Tuna & Mayonnaise) (Beans, Grated Cheese, Salad, Coleslaw)
Salad Bowls Wraps Sandwiches & Baguettes (all available daily)	Tortilla Wraps, White & Brown Bread Sandwiches, Salad Bowls & Baguettes				
	Cold Fillings: 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 Hot Baguette# Fillings: Pizza Sauce & Cheese,  Spicy Chicken* & Cheese, Shredded Bacon & Cheese				
Cakes Traybakes	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 Traybakes: (Flapjack, Chocolate Chip Shortbread, Chocolate Brownie, Double Chocolate Cookie, Milk Chocolate Cookie, White Chocolate Cookie, Jam Doughnut, Chocolate Doughnut) Sunny Raisin Snack Box (14g)				
Drinks#	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 *

