

FRAMPTON COTTERELL CofE PRIMARY SCHOOL : LUNCH CHOICES (JANUARY 2023 –MARCH 2023)

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	PASTA DAY	FAVOURITES	ROAST DAY	WINTER WARMERS	FISH FRIDAY
2 ND JAN 23 RD JAN 20 TH FEB 13 TH MARCH	PASTA BOLOGNESE OR PASTA WITH TOMATO SAUCE AND CHEESE SERVED WITH: GREEN BEANS OR SALAD PUDDING: ICED BUNS	COOKED BREAKFAST (BACON & SAUSAGE) (MEAT OR QUORN) SERVED WITH: HASH BROWN & BAKED BEANS (OR PEAS) PUDDING: CHOCOLATE SPONGE	ROAST (CHICKEN OR QUORN) SERVED WITH: ROAST POTATOES, STUFFING, SEASONAL VEGETABLES & GRAVY PUDDING: CHEESECAKE	CHICKEN PIE OR CHEESE AND TOMATO PINWHEELS SERVED WITH: SAUTE POTATOES & SEASONAL VEGETABLES PUDDING: CHOCOLATE SHORTBREAD	FISH FINGERS OR VEGETABLE BURGERS SERVED WITH: CHIPS, PEAS & SWEETCORN OR BAKED BEANS PUDDING: ARCTIC ROLL
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SAUSAGE PASTA BAKE OR	PIZZA	ROAST	MILD BEEF CHILLI OR	FISH FILLET
9 TH JAN 30 TH JAN 27 TH FEB 20 TH MARCH	PASTA WITH TOMATO SAUCE AND CHEESE SERVED WITH: PEAS OR SALAD PUDDING: CHOCOLATE CRISPY CAKES	(PEPPERONI & HAM OR CHEESE & TOMATO) SERVED WITH: MINI WAFFLES & BAKED BEANS PUDDING: CHOCOLATE CHIP SPONGE WITH CUSTARD	(HAM OR QUORN) SERVED WITH: YORKSHIRE PUDDING, ROAST POTATOES & SEASONAL VEGETABLES & GRAVY PUDDING: PANCAKES	CHEESE & BEAN WRAP SERVED WITH: NACHOS, RICE & PEAS PUDDING: CHOCOLATE CRUNCH	OR VEGETABLE FINGERS SERVED WITH: CHIPS & SALAD OR BAKED BEANS PUDDING: SHORTBREAD
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MACARONI CHEESE OR	CHICKEN BURGER IN A BUN OR	ROAST	SAUSAGE (MEAT OR QUORN)	FISH FINGER
16 TH JAN 06 TH FEB 06 TH MARCH 27 TH MARCH	PASTA WITH TOMATO SAUCE AND CHEESE SERVED WITH: GARLIC BREAD, PEAS & SWEETCORN PUDDING: FLAPJACKS	SOUTHERN STYLE QUORN BURGER IN A BUN SERVED WITH: JACKET WEDGES & CORN ON THE COB PUDDING: SPONGE WITH STRAWBERRY CUSTARD	(CHICKEN OR QUORN) SERVED WITH: ROAST POTATOES, STUFFING, SEASONAL VEGETABLES & GRAVY PUDDING: ROCKY ROAD	& MASH SERVED WITH: SEASONAL VEGETABLES PUDDING: SPONGE WITH ICING AND SPRINKLES	OR QUORN NUGGETS SERVED WITH: CHIPS, PEAS OR BAKED BEANS PUDDING: CHOCOLATE CRUNCH

**PACKED LUNCHES AVAILABLE DAILY WITH A CHOICE OF FILLINGS HAM / CHEESE / TUNA MAYO
ALL PACKED LUNCHES WILL HAVE THE SAME CHOICES (PUDDING / SALAD BAR) AS THE HOT MEALS**

**JACKET POTATOES SERVED DAILY WITH A CHOICE OF FILLINGS: CHEESE / TUNA MAYO / BAKED BEANS
FRESH BREAD / **FRUIT / YOGHURT** & SALAD BAR AVAILABLE / VEGAN / GLUTEN FREE CHOICES AVAILABLE DAILY
IF YOU HAVE ANY DIETARY CONCERNS FOR YOUR SON / DAUGHTER, PLEASE CONTACT OUR HEAD CHEF **BECKY** WHO WILL BE PLEASED TO ANSWER ANY QUESTIONS**