

FRAMPTON COTTERELL CofE PRIMARY SCHOOL : LUNCH CHOICES (JANUARY – APRIL 2022)

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 3 Jan 24 Feb 14 Mar 14 Apr 4	PASTA WITH A CHOICE OF SAUCES CHEESE, TOMATO & BEEF BOLOGNESE SERVED WITH: GARLIC BREAD & SALAD PUDDING: ROCKY ROAD	CHEESE BURGR WITH BACON (BEEF OR QUORN) SERVED WITH: POTATO WEDGES & BAKED BEANS (OR PEAS) PUDDING: ICED LEMON SPONGE	ROAST (CHICKEN OR QUORN) SERVED WITH: ROAST POTATOES, SEASONAL VEGETABLES, STUFFING & GRAVY PUDDING: CHOCOLATE CRUNCH	CHICKEN TACOS BOATS OR QUORN TACOS BOATS SERVED WITH: SALAD, SALSA AND RICE PUDDING: CHOCOLATE SPONGE & CUSTARD	FISH FINGERS (COD) OR VEGETABLE FINGERS SERVED WITH: CHIPS, PEAS & SWEETCORN (OR BAKED BEANS) PUDDING: CARROT CAKE
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 10 Jan 31 Feb 28 Mar 21	MACARONI CHEESE OR BEEF BOLOGNESE PASTA SERVED WITH: ROASTED VEGETABLES PUDDING: ANGEL DELIGHT	PIZZA (HAM/PEPERONI & SWEETCORN OR CHEESE & TOMATO) SERVED WITH: JACKET WEDGES & PEAS PUDDING: JELLY	ROAST (HAM OR QUORN) SERVED WITH: YORKSHIRE PUDDING & SEASONAL VEGETABLES & GRAVY PUDDING: JAM SPONGE & CUSTARD	SWEET AND SOUR CHICKEN OR CHEESE & TOMATO PINWHEELS SERVED WITH: RICE, SWEETCORN & PEAS PUDDING: CHOCOLATE KRISPIES	FISH (COD) OR VEGETABLE BURGER SERVED WITH: CHIPS, PEAS & SWEETCORN (OR BAKED BEANS) PUDDING: STRAWBERRY CHEESECAKE
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 17 Feb 7 Mar 7 Mar 28	NUGGETS (CHICKEN OR QUORN) SERVED WITH: POTATO WAFFLES & BAKED BEANS (OR PEAS) PUDDING: FRUIT CRUMBLE & CUSTARD	COOKED BREAKFAST (BACON & SAUSAGE) (MEAT OR VEGGIE OPTION) SERVED WITH: HASH BROWN, TOMATO & BAKED BEANS (OR PEAS) PUDDING: CHOCOLATE KRISPIES	ROAST (CHICKEN OR QUORN) SERVED WITH: YORKSHIRE PUDDING, SEASONAL VEGETABLES & GRAVY PUDDING: ICED FINGER BUN	CHICKEN TIKKA CURRY OR CHEESE & BEAN WRAP SERVED WITH: RICE OR WEDGES & NAAN BREAD PUDDING: APPLE & CINNAMON CAKE	FISH FINGER (COD) OR QUORN SAUSAGES SERVED WITH: CHIPS, MIXED VEG (OR BAKED BEANS) PUDDING: COOKIE

**PACKED LUNCHES AVAILABLE DAILY WITH A CHOICE OF FILLINGS HAM / CHEESE / TUNA MAYO
(MONDAY: SANDWICH / TUESDAY: BAGUETTE / WEDNESDAY: SOFT ROLL / THURSDAY: WRAP / FRIDAY: SANDWICH)**

**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
ALL PACKED LUNCHES WILL HAVE THE SAME CHOICES (PUDDING / SALAD BAR) AS THE HOT MEALS**

IF YOU HAVE ANY DIETARY CONCERNS FOR YOUR SON / DAUGHTER, PLEASE CONTACT OUR HEAD CHEF WHO WILL BE PLEASED TO ANSWER ANY QUESTIONS