

Frank Wise School Menu Winter 2024

Week One

4 Nov/25 Nov/16 Dec/20 Jan/10 Feb

Monday

Pepperoni pizza 2, 7
 Cheese and tomato pizza 2, 7
 Herbie diced potatoes, baked beans 2
 Fruit

Tuesday

Sausage and mashed potato 2, 7, 14
 Vegetarian sausage and mashed potato 2, 4, 7, 13
 Peas, gravy 2, 14
 Yoghurts 7

Wednesday

Chicken curry 7, 9, 10, 11
 Vegetarian curry 9, 10, 11
 Jacket potatoes, naan bread 2, 7
 Shortbread 2, 7

Thursday

Roast pork with Yorkshire pudding 2, 4, 7
 Quorn roast 4, 7
 Roast potatoes, farmhouse vegetables, gravy 2, 14
 Ice-cream 7

Friday

Fish 2, 5
 Vegetarian sausage rolls 2, 7, 13
 Chips, beans 2
 Pancakes with syrup, sugar and lemon 2, 4, 7

*Gluten/dairy free options available
 Fresh seasonal veg, salad and bread available*

Week Two

11 Nov/2 Dec/6 Jan/27 Jan

Monday

Jacket potatoes
 Baked beans, cheese, salad 7
 Fruit

Tuesday

Chicken and gravy pie 2, 4, 7, 14
 Vegetarian pie 2, 4, 7, 14
 Roasted new potatoes, mixed vegetables
 Yoghurts 7

Wednesday

Meatballs with pasta 2
 Vegetarian balls with pasta 2, 4, 7, 13
 Garlic bread, sweetcorn 2, 7
 Flapjack 2, 4, 7, 10, 11, 13

Thursday

Toad-in-the-hole 2, 4, 7, 14
 Vegetarian sausage 2, 4, 7, 13
 Mashed potato, farmhouse vegetables, gravy 2, 14
 Choc-ices 7, 10

Friday

Fish fingers 2, 5
 Vegetarian fingers 2, 7
 Chips, baked beans 2
 Chocolate sponge with sauce 2, 4, 7, 13

*Gluten/dairy free options available
 Fresh seasonal veg, salad and bread available*

Week Three

18 Nov/9 Dec/13 Jan/3 Feb

Monday

Hot dogs in rolls 2
 Vegetarian sausage 2, 4, 7, 13
 Wedges, sweetcorn 2
 Fruit

Tuesday

Cottage pie 2, 7, 14
 Vegetarian cottage pie 2, 7, 14
 Carrots, peas, gravy 14
 Yoghurts 7

Wednesday

Chicken pasta bake 2, 7
 Vegetarian pasta bake 2, 7
 Garlic bread, green salad 2, 7
 Cookies 2, 4, 7, 10, 13

Thursday

Roast gammon with Yorkshire pudding 2, 4, 7
 Quorn roast 4, 7
 Roast potatoes, farmhouse vegetables, gravy 2, 14
 Artic roll 2, 4, 7, 10, 13














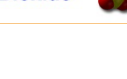
Friday

Fish 2, 5
 Quorn dippers 2, 7
 Chips, spaghetti hoops 2
 Mini muffins 2, 4, 7

*Gluten/dairy free options available
 Fresh seasonal veg, salad and bread available*

Winter 2024



	1	Celery
	2	Cereal containing gluten
	3	Crustaceans
	4	Eggs
	5	Fish
	6	Lupin
	7	Milk
	8	Molluscs eg fish/snails/ squid/whelks/oysters
	9	Mustard
	10	Nuts
	11	Peanuts
	12	Sesame seeds
	13	Soya
	14	Sulphur dioxide

Frank Wise School

Menu

Winter 2024

Balanced

Good Quality

Nutrition

Compassion Respect Truth
Service Forgiveness

