



## Frank Wise Week 1 weeks commencing 1 Sept/21 Sept/12 Oct

| Monday                                                              | Tuesday                                 | Wednesday                                          | Thursday                                                                                       | Friday                                                  |
|---------------------------------------------------------------------|-----------------------------------------|----------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| Cheese & Tomato Pizza<br>Seasoned Potato Wedges &<br>Summer Slaw    | Mild Chilli Con Carne &<br>Flatbread    | Breaded Chicken Goujons<br>and Rainbow Pasta Salad | Roast Pork, Roast<br>Potatoes, Yorkshire<br>Pudding, Seasonal<br>Vegetables and Gravy          | Breaded White Fish Fillet, Chips<br>and Spaghetti Hoops |
| Dairy Free Pizza<br>Seasoned Potato Wedges and<br>Vegan Summer Slaw | Three Bean Chilli &<br>Flatbread        | Quorn Bites with Rainbow<br>Pasta Salad            | Cheese & Potato Pie, Roast<br>Potatoes, Yorkshire<br>Pudding, Seasonal<br>Vegetables and Gravy | Vegetable Fingers, Chips and<br>Peas                    |
|                                                                     |                                         |                                                    |                                                                                                |                                                         |
| Salad Bar and Fresh<br>Wholegrain Bread                             | Salad Bar and Fresh<br>Wholegrain Bread | Salad Bar and Fresh<br>Wholegrain Bread            | Salad Bar and Fresh<br>Wholegrain Bread                                                        | Salad Bar and Fresh Wholegrain<br>Bread                 |
| Banana & Custard                                                    | Mini Muffin                             | Lemon Drizzle Cake                                 | Arctic Roll                                                                                    | Yogurt                                                  |

*Gluten, dairy and other allergen free options are available upon request.  
Please ensure we are aware of your child's special dietary requirements by contacting the school office.  
The menus are subject to change. Notified medical diets and allergy requirements will be safely catered for.*



## Frank Wise Week 2 weeks commencing 7 Sept/28 Sept/19 Oct

| Monday                                                        | Tuesday                                                      | Wednesday                                                             | Thursday                                                    | Friday                                           |
|---------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------|
| Breaded Chicken Burger, Skin on Potato Wedges and Baked Beans | Pork Meatballs in Tomato Sauce, Pasta and Garden Salad       | BBQ Chicken, Herby Diced Potatoes and Roasted Veggies                 | Roast Turkey, Roast Potatoes, Seasonal Vegetables and Gravy | Breaded White Fish Fillet, Chips and Baked Beans |
| Vegetable Burger, Skin on Potato Wedges and Baked Beans       | Veggie Meatballs in Tomato Sauce with Pasta and Garden Salad | Cheesy Bean Burrito with Herby Diced Potatoes and Seasonal Vegetables | Quorn Roast, Roast Potatoes, Seasonal Vegetables and Gravy  | Vegetarian Nuggets, Chips and Peas               |
|                                                               |                                                              |                                                                       |                                                             |                                                  |
| Salad Bar and Fresh Wholegrain Bread                          | Salad Bar and Fresh Wholegrain Bread                         | Salad Bar and Fresh Wholegrain Bread                                  | Salad Bar and Fresh Wholegrain Bread                        | Salad Bar and Fresh Wholegrain Bread             |
| Fruit                                                         | Cookie                                                       | Chocolate Sponge                                                      | Ice Cream                                                   | Yogurt                                           |

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## Frank Wise Week 3 weeks commencing 14 Sept/5 Oct



| Monday                                                  | Tuesday                                           | Wednesday                                                  | Thursday                                                                          | Friday                                                  |
|---------------------------------------------------------|---------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------|
| Bolognaise Pasta Bake and Fresh Cut Vegetable Sticks    | Mild Chicken Tikka Masala and Potato Wedges       | Cheese & Onion Pasty, Roasted New Potatoes, Carrots & Peas | Roast Gammon, Roast Potatoes, Yorkshire Pudding, Spring Vegetables and Gravy      | Breaded Salmon Fishcake, Chips, Coleslaw or Baked Beans |
| Cheesy Tomato Pasta Bake and Fresh Cut Vegetable Sticks | Chickpea & Spinach Tikka Masala and Potato Wedges | Vegetable Lattice, Roasted New Potatoes, Carrots & Peas    | Vegetable Sausage, Roast Potatoes, Yorkshire Pudding, Seasonal Vegetables & Gravy | Vegan Sausage Roll, Chips, Coleslaw or Baked Beans      |
|                                                         |                                                   |                                                            |                                                                                   |                                                         |
| Salad Bar and Fresh Wholegrain Bread                    | Salad Bar and Fresh Wholegrain Bread              | Salad Bar and Fresh Wholegrain Bread                       | Salad Bar and Fresh Wholegrain Bread                                              | Salad Bar and Fresh Wholegrain Bread                    |
| Fruit                                                   | Shortbread Biscuit                                | Chocolate Brownie                                          | Ice Cream                                                                         | Yogurt                                                  |

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