Frank Wise Week 1
weeks commencing
2 Nov/23 Nov/7 Nov

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken & Tomato Pasta Bake Broccoli & Sweetcorn	Beef & Lentil Cottage Pie Peas & Carrots	Crispy Bean Burger in a Wholemeal Bun Garden Salad	Roast Pork, Roast Potatoes, Seasonal Vegetables and Gravy	Breaded White Fish Fillet Skin on Chips and Peas
Lentil & Vegetable Pasta Bake Broccoli & Sweetcorn	Vegetable Cottage Pie Peas & Carrots	Crispy Bean Burger in a Wholemeal Bun Garden Salad	Vegetable Sausage, Roast Potatoes, Seasonal Vegetables and Gravy	Cheese & Onion Lattice Skin on Chips and Peas
Jacket Potato with Cheese	Wholemeal Cheese Sandwich	Pasta Shapes with Homemade Tomato Sauce & Cheese	Pasta Shapes with Homemade Tomato Sauce & Cheese	Pasta Shapes with Homemade Tomato Sauce & Cheese
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 or Natural Yogurt	Fruit	Fruit or Natural Yogurt	Fruit or Natural Yogurt	Fruit

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.

The Pope Francis Catholic Multi Academy Company

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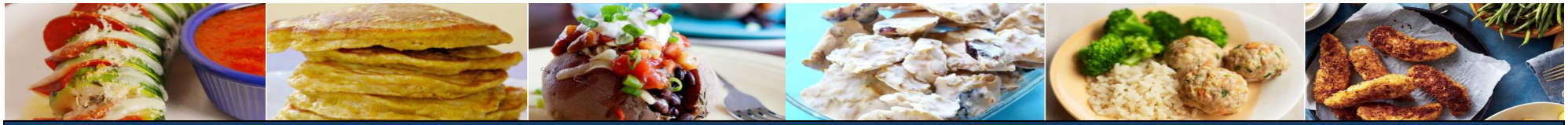

Frank Wise Week 2
weeks commencing
9 Nov/30/ Nov/14 Dec

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Meatballs in Tomato Sauce Wholemeal Pasta Green Beans	Jacket Potato Tuna & Sweetcorn	Mild Beef & Bean Chilli Rice & Carrot Sticks	Roast Turkey, Roast Potatoes, Seasonal Vegetables and Gravy	Salmon Fishcake Mashed Potato and Peas
Vegetable Meatballs in Tomato Sauce Wholemeal Pasta Green Beans	Jacket Potato Cheese & and/or Beans	Three Bean Chilli Rice & Carrot Sticks	Quorn Roast, Roast Potatoes, Seasonal Vegetables and Gravy	Puy Lentil & Vegetable Patty Mashed Potato and Peas
Jacket Potato with Baked Beans	Wholemeal Cheese Sandwich	Pasta Shapes with Homemade Tomato Sauce & Cheese	Pasta Shapes with Homemade Tomato Sauce & Cheese	Pasta Shapes with Homemade Tomato Sauce & Cheese
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 or Natural Yogurt	Fruit	Fruit or Natural Yogurt	Fruit or Natural Yogurt	Fruit

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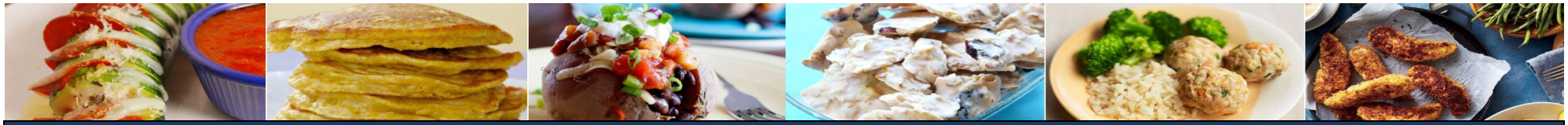

Frank Wise Week 3
weeks commencing
16 Oct/14 Dec

Monday	Tuesday	Wednesday	Thursday	Friday
Mild Chicken Tikka Masala Wholegrain Rice Cucumber & Tomato Salad	Lentil & Beef Bolognaise Wholemeal Pasta Broccoli & Sweetcorn	Butcher's Sausage Mashed Potato Baked Beans	Roast Chicken Roast Potatoes, Winter Vegetables and Gravy	Baked Fish Fillet Potato Wedges Carrots & Peas
Spinach & Chickpea Curry Wholegrain Rice Cucumber & Tomato Salad	Lentil & Vegetable Bolognaise Wholemeal Pasta Broccoli & Sweetcorn	Vegetable Sausage Mashed Potato Baked Beans	Quorn Roast, Roast Potatoes, Seasonal Vegetables & Gravy	Vegetable Nuggets Potato Wedges Carrots & Peas
Jacket Potato with Baked Beans	Wholemeal Cheese Sandwich	Pasta Shapes with Homemade Tomato Sauce & Cheese	Pasta Shapes with Homemade Tomato Sauce & Cheese	Pasta Shapes with Homemade Tomato Sauce & Cheese
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 or Natural Yogurt	Fruit	Fruit or Natural Yogurt	Fruit or Natural Yogurt	Fruit

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