

Whitefriars Autumn Menu 2019 - Week 1 - 2nd Sept, 23rd Sept, 14th Oct, 4th Nov, 25th Nov, 16th Dec

 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 MEAT	Meat Free Monday	Greek lamb stew	Creamy fish pie with puff pastry	Chicken tikka masala	Battered fish
OPTION 2 VEGETARIAN	Cauliflower, chickpea curry and wholegrain rice	Greek aubergine moussaka	Vegetarian pie topped with puff pastry	Sweet potato and lentil tikka masala	Mixed pepper and sweetcorn pizza
OPTION 3	Jacket potato with baked beans and cheese	Vegetarian paella	Jacket potato with tuna, sweetcorn and cheese	Tomato and cheese pasta bake	Oven chips
SIDE ORDERS	Penne pasta with creamy broccoli and leeks carrots and peas	Dauphinoise potatoes broccoli and cauliflower	Steamed new potatoes spinach and sweetcorn	Long grain rice green beans and carrots	Peas / low sugar baked beans
DESSERT	Three melon salad with honey and lemon dressing	Fruity flapjacks	Cheese and biscuits	Apple and blueberry crumble with custard	Ice cream tubs
BREAD	Freshly baked bread	Greek pitta bread	Freshly baked bread	Naan bread	Freshly baked bread
SALAD BAR	Salad bar selection	Salad bar selection	Salad bar selection	Salad bar selection	Salad bar selection
FRIUT BAR	Selection of fresh fruit and fruit flavoured yoghurts	Selection of fresh fruit and fruit flavoured yoghurts	Selection of fresh fruit and fruit flavoured yoghurts	Selection of fresh fruit and fruit flavoured yoghurts	Selection of fresh fruit and fruit flavoured yoghurts

Whitefriars Autumn Menu 2019 - Week 1

2nd Sept, 23rd Sept, 14th Oct, 4th Nov, 25th Nov, 16th Dec



SECONDARY SECTION ONLY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COLD SNACKS	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken
WARM SNACKS	Quorn hotdogs with potato wedges	Herby Neapolitan pasta with cheese	Piri Piri chicken wings with pitta bread	Jamaican lamb pasties	Beef burger and chips
COLD DESSERTS	Selection of muffins, biscuits, cakes, brownies and sugar free drinks	Selection of muffins, biscuits, cakes, brownies and sugar free drinks	Selection of muffins, biscuits, cakes, brownies and sugar free drinks	Selection of muffins, biscuits, cakes, brownies and sugar free drinks	Selection of muffins, biscuits, cakes, brownies and sugar free drinks

Whitefriars Autumn Menu 2019 - Week 2 - 9th Sept, 30th Sept, 11th Nov, 2nd Dec

 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 MEAT	Meat Free Monday	Chicken sausages with gravy	Lancashire hot pot	Chicken korma	Battered fish
OPTION 2 VEGETARIAN	Butternut squash and butter bean stew with brown rice	Vegetarian bean sausages with gravy	Vegetarian Lancashire hot pot	Chick pea and broccoli korma	Mixed pepper and sweetcorn pizza
OPTION 3	Jacket potato with cheese and low sugar baked beans	Stir fry noodles with chow mein sauce	Jacket potato with tuna mayonnaise and cheese	Pasta with tomato and sweetcorn	Oven chips
SIDE ORDERS	Pasta primavera in creamy sauce spinach and sweetcorn	Peas and carrots mashed potato	Cauliflower and broccoli Steamed new potatoes	Green beans and carrots long grain rice	Peas / low sugar baked beans
DESSERT	Autumn fruit compote with cream	Carrot cake with custard	Strawberry and tangerine jelly	Peach melba	Ice cream tubs
BREAD	Freshly baked bread	Freshly baked wholegrain bread	Freshly baked bread	Naan bread	Freshly Baked Bread
SALAD BAR	Salad bar selection				
FRIUT BAR	Selection of fresh fruit and fruit flavoured yoghurts	Selection of fresh fruit and fruit flavoured yoghurts	Selection of fresh fruit and fruit flavoured yoghurts	Selection of fresh fruit and fruit flavoured yoghurts	Selection of fresh fruit and fruit flavoured yoghurts

Whitefriars Autumn Menu 2019 - Week 2

9th Sept, 30th Sept, 11th Nov, 2nd Dec



SECONDARY SECTION ONLY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COLD SNACKS	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken
WARM SNACKS	Black bean burgers with potato wedges	Fusilli bolognese	BBQ chicken wings with pitta bread	Baked beef burrito with cheese	Beef burger and chips
COLD DESSERTS	Selection of muffins, biscuits, cakes, brownies and sugar free drinks	Selection of muffins, biscuits, cakes, brownies and sugar free drinks	Selection of muffins, biscuits, cakes, brownies and sugar free drinks	Selection of muffins, biscuits, cakes, brownies and sugar free drinks	Selection of muffins, biscuits, cakes, brownies and sugar free drinks

Whitefriars Autumn Menu 2019 - Week 3 - 16th Sept, 7th Oct, 28th Oct, 18th Nov, 9th Dec

 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 MEAT	Meat Free Monday	Beef lasagne	Lamb Balti curry	Roasted turkey with gravy	Battered fish
OPTION 2 VEGETARIAN	Quorn chilli con carne and wholegrain rice	Mixed vegetable lasagne	Vegetarian Balti curry	Roast Quorn with gravy	Mixed pepper and sweetcorn pizza
OPTION 3	Jacket potato with low sugar baked beans and cheese	Baked gnocchi with cheese and cherry tomatoes	Jacket potato with tuna mayonnaise and cheese	Mixed Mediterranean vegetable pasta in tomato sauce	Oven chips
SIDE ORDERS	Macaroni cheese sweetcorn and peas	Broccoli and cauliflower	Long grain rice spinach and sweetcorn	Steamed new potatoes Green beans and carrots	Peas / low sugar baked beans
DESSERT	American pancakes with maple syrup	Banana cake with cocoa custard	Fruit salad with cream	Poached pears with custard	Ice cream tubs
BREAD	Freshly baked bread	Freshly baked Italian bread	Naan bread	Freshly baked bread	Freshly baked bread
SALAD BAR	Salad bar selection				
FRIUT BAR	Selection of fresh fruit and fruit flavoured yoghurts	Selection of fresh fruit and fruit flavoured yoghurts	Selection of fresh fruit and fruit flavoured yoghurts	Selection of fresh fruit and fruit flavoured yoghurts	Selection of fresh fruit and fruit flavoured yoghurts

Whitefriars Autumn Menu 2019 - Week 3

16th Sept, 7th Oct, 28th Oct, 18th Nov, 9th Dec



SECONDARY SECTION ONLY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COLD SNACKS	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken	Selection of freshly made sandwiches: chicken, tuna and cheese and tomato wraps: vegetarian and chicken
WARM SNACKS	Spicy vegetable samosas	Lamb kebab with naan bread	Roasted spicy chicken thighs with pitta bread	Jamaican vegetable patties	Beef burger and chips
COLD DESSERTS	Selection of muffins, biscuits, cakes, brownies and sugar free drinks	Selection of muffins, biscuits, cakes, brownies and sugar free drinks	Selection of muffins, biscuits, cakes, brownies and sugar free drinks	Selection of muffins, biscuits, cakes, brownies and sugar free drinks	Selection of muffins, biscuits, cakes, brownies and sugar free drinks