

# ALL SAINTS FRAYS

**Date** 23<sup>rd</sup> Feb, 16<sup>th</sup> Mar, 6<sup>th</sup> Apr, 27<sup>th</sup> Apr, 18<sup>th</sup> May  
8<sup>th</sup> Jun, 29<sup>th</sup> Jun, 20<sup>th</sup> Jul

## WEEK 1

**Date** 2<sup>nd</sup> Mar, 23<sup>rd</sup> Mar, 13<sup>th</sup> Apr, 4<sup>th</sup> May, 25<sup>th</sup> May  
15<sup>th</sup> Jun, 6<sup>th</sup> Jul, 27<sup>th</sup> Jul

## WEEK 2

**Date** 9<sup>th</sup> Mar, 30<sup>th</sup> Mar, 20<sup>th</sup> Apr, 11<sup>th</sup> May  
1<sup>st</sup> Jun, 22<sup>nd</sup> Jun, 13<sup>th</sup> July

## WEEK 3

### MONDAY

Beef Pasta Bolognese (GL)  
Veggie Noodle Stir Fry (GL,EG,SO)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Ice cream (MI) or Fresh Fruit

Loaded Mac 'n' Cheese (GL,MI)  
BBQ Veggie Burrito (GL,SO)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Ice Cream (MI) or Fresh Fruit

Pork Hot Dog with Wedges (GL,SO,SE,SU)  
Vegan Hot Dog with Wedges (GL,SO,SE)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Ice cream (MI) or Fresh Fruit

### TUESDAY

Mild Chicken Curry with Steamed Rice  
Vegan Meatballs with Tomato Sauce & Rice (SO)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Apple Crumble & Custard (GL,MI) or Fresh Fruit

Beef Lasagne (GL,EG,MI)  
Veggie Cottage Pie (GL,SO)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Fruity Flapjack (GL) or Fresh Fruit

Lemon & Herb Turkey Jollof Rice (SU)  
Handmade Margherita Pizza with Garden Salad (GL,MI)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Fruity Shortbread (GL) or Fresh Fruit

### WEDNESDAY

Roast Chicken with Potatoes & Gravy (SU)  
Sweet Potato and Mushroom Loaf with Potatoes & Gravy (GL)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Vegan Fruit Jelly or Fresh Fruit

Pork Sausage with Mash & Gravy (GL,SU)  
Vegan Sausage with Mash & Gravy (SO,SU)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Oat & Banana Biscuit (G) or Fresh Fruit

Roast Gammon with Potatoes & Gravy (SU)  
Squash & Spinach Plait with Potatoes & Gravy (GL,SU)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Vegan Fruit Jelly or Fresh Fruit

### THURSDAY

Pork Meatballs & Tomato Pasta (GL)  
Handmade Margherita Pizza with Vegetable Sticks (GL,MI)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Marble Cake (GL) or Fresh Fruit

Salmon Fillet with New Potatoes & Pantry Tomato Sauce (FI)  
Handmade Margherita Pizza with Sweetcorn Rib (GL,MI)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Vegan Fruit Jelly or Fresh Fruit

Chicken & Sweetcorn Wrap (GL,SO,MI)  
Squash & Sweet Potato Dahl with Naan Bread & Rice (GL)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Iced Sprinkle Sponge (GL) or Fresh Fruit

### FRIDAY

Breaded Fillet of Fish with Chips (GL,FI)  
Veggie Fajita with Chips (GL)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Apple & Raisin Biscuit (GL) or Fresh Fruit

Fish Fingers with Chips (GL,FI)  
Falafel with Chips (GL)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Chocolate Brownie (GL) or Fresh Fruit

Breaded Fillet of Fish with Chips (GL,FI)  
Loaded Bean & Veggie Chilli with Chips (GL,MI,SO)  
Tomato Pasta (GL)  
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)  
Sandwiches-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)  
Soft Baked Chocolate Cookie (GL) or Fresh Fruit

**VEGETABLES, SALAD, BREAD, AVAILABLE DAILY**

BREAD CONTAINS - GL - MI - EG - SO

**ALLERGY KEY**  
CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / MILK - MI  
MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU

The Pantry are committed to improving the standards of children's meals across every one of our Schools, and fresh, ethically sourced ingredients are used every day across our kitchens.

**The Pantry**