



Whitefriars Summer Menu 2022 - Week 1 - 18th April, 9th May, 20th June, 11th July



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 MEAT	Meat Free Monday	Potato Lamb Moussaka	Creamy Fish Pie with Puff Pastry	Chicken Tikka Masala	Battered Fish
OPTION 2 VEGETARIAN	Butter Bean and Quorn Sausage Stew with Wholegrain Rice	Briam (Greek Baked Courgettes and Potatoes with Cannellini Beans)	Roasted Puy Lentils with Broccoli Topped with Cheese	Sweet Potatoes and Lentil Tikka Masala Curry	Mixed Pepper and Sweetcorn Pizza
OPTION 3	Jacket Potato with Baked Beans and Cheese	Greek Risotto with Courgettes, Chickpeas and Tomatoes	Jacket Potato with Tuna Mayo and Cheese	Tomato and Cheese Pasta Bake	Oven Chips
SIDE ORDERS	Penne Pasta with Creamy Broccoli and Leeks Carrots and Peas	Broccoli and Cauliflower	Steamed New Potatoes Spinach and Sweetcorn	Turmeric Rice Green Beans and Carrots	Peas Low Sugar Baked Beans
DESSERT	Cinnamon Roasted Plums with Whipped Cream	Jam and Coconut Sponge Cake with Custard	Cheese and Biscuits	Apple and Oat Crumble with Custard	Ice Cream Tubs
BREAD AND SALAD BAR	Freshly Baked Bread and Salad Bar	Freshly Baked Wholegrain Bread and Salad Bar	Freshly Baked Bread and Salad Bar	Naan Baked Bread and Salad Bar	Freshly Baked Bread and Salad Bar
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 Summer Menu 2022 - Week 2 - 25th April, 16th May, 6th June, 27th June, 18th July



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 MEAT	Meat Free Monday	Chicken Sausages with Gravy	Cottage Pie	Spanish Paprika Chicken	Battered Fish
OPTION 2 VEGETARIAN	Cauliflower and Chickpea Curry with Wholegrain Rice	Quorn Sausages with Gravy	Vegetarian Cottage Pie	Spanish Chickpea and Spinach Stew	Mixed Pepper and Sweetcorn Pizza
OPTION 3	Jacket Potato with Cheese and 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	Creamy Penne Pasta with Leeks and Sweetcorn Spinach and Sweetcorn	Peas and Carrots Mashed Potato	Cauliflower and Broccoli Steamed New Potatoes	Green Beans and Carrots Spicy Turmeric Rice	Peas Low Sugar Baked Beans
DESSERT	Eaton Mess with Strawberries	Orange Sponge Cake with Custard	Strawberry and Tangerine Jelly	Peach Melba	Ice Cream Tubs
BREAD AND SALAD BAR	Freshly Baked Bread and Salad Bar	Freshly Baked Wholegrain Bread and Salad Bar	Freshly Baked Bread and Salad Bar	Naan Bread and Salad Bar	Freshly Baked Bread and Salad Bar
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 Summer Menu - Week 3 - 2nd may, 23rd May, 13th June, 4th July



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 MEAT	Meat Free Monday	Beef Lasagne	Lamb Balti Curry	Roasted Turkey with Gravy and Yorkshire Pudding	Battered Fish
OPTION 2 VEGETARIAN	Italian Quorn Chicken in Rich Tomato Sauce and Wholegrain Rice	Mixed Vegetable Lasagne	Vegetarian Balti Curry with Peas and Potatoes	Roasted Quorn with Gravy and Yorkshire Pudding	Mixed Pepper and Sweetcorn Pizza
OPTION 3	Jacket Potato with 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	Spiced Peach, Strawberry and Apricot Bake with Whipped Cream	Muffin Cherry Cake with Custard	Fruit Salad with Cream	Fruity Flapjacks	Ice Cream Tubs
BREAD AND SALAD BAR	Freshly Baked Bread and Salad Bar	Freshly Baked Wholegrain Bread and Salad Bar	Naan Bread and Salad Bar	Freshly Baked Bread and Salad Bar	Freshly Baked Bread and Salad Bar
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