

Whitefriars Summer Menu 2023 - Week 1

17th April, 8th May, 19th May, 10th July



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 MEAT	Meat Free Monday	Fish Pie Topped with Puff Pastry	Lamb Lasagne	Italian Chicken Stew	Battered Fish
OPTION 2 VEGETARIAN	Quorn Chilli Con Carne	Crispy Topped Vegetarian Pie	Vegetable and Lentil Lasagne	Vegetable Rogan Josh Curry	Red Pepper and Sweetcorn Pizza
OPTION 3	Jacket Potato with Cheese and Baked Beans	Penne Pasta with Seasonal Green Vegetables	Jacket Potato with Tuna, Sweetcorn/Cheese	Wholegrain Pasta/Tomato Sauce, cheese	Baked Beans
SIDE ORDERS	Wholegrain Rice Carrots and Peas	Steamed New Potatoes Spinach and Sweetcorn	Broccoli and Cauliflower	Long Grain Rice Green Beans and Carrots	Oven Chips Peas
DESSERT	Banana and Custard	Pancakes with Maple Syrup	Fresh Fruit Cocktail with Cream	Cocoa and Date Brownies	Ice Cream Tubs
BREAD	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread
SALAD BAR	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
FRUIT BAR	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt

Whitefriars Summer Menu 2023 - Week 2

24th April, 15th May, 5th June, 26th June, 17th July



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 MEAT	Meat Free Monday	Chicken Sausages with Gravy	Lamb Pie topped with Cheesy Mashed Potatoes	Chicken Rogan Josh	Battered Fish
OPTION 2 VEGETARIAN	Butternut Squash and Butter Bean Stew with Wholegrain Rice	Vegetarian Bean Sausages with Gravy	Root Vegetable and Lentil Stew	Vegetarian Rogan Josh with Chick Peas	Mixed Pepper and Sweetcorn Pizza
OPTION 3	Jacket Potato with Low Sugar Baked Beans, Cheese or Coleslaw	Stir Fry Noodles with Hoisin Sauce	Jacket Potato with Tuna Mayonnaise and Cheese	Penne Pasta with Tomato and Sweetcorn Sauce	Oven Chips
SIDE ORDERS	Penne Pasta with Creamy Leeks and Broccoli Sauce Green Beans and Carrots	Peas and Carrots Mashed Potato	Cauliflower and Broccoli Steamed New Potatoes	Sweetcorn and Spinach Long Grain Rice	Peas / Low Sugar Baked Beans
DESSERT	Peach Melba	Bread and Butter Pudding with Custard	Strawberry Jelly with Peaches	Poached Apricots with Honey Yoghurt	Ice Cream Tubs
BREAD	Freshly Baked Bread	Freshly Baked Wholegrain Bread	Freshly Baked Sage and Rosemary Bread	Naan Bread	Freshly Baked Bread
SALAD BAR	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
FRUIT BAR	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt

Whitefriars Summer Menu 2023 - Week 3

1st May, 22nd May, 12th June, 3rd 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	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
SALAD BAR	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection	Salad Bar Selection
FRUIT BAR	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt	Fresh Fruit and Fruit Yoghurt