

Friends' School
2024-2025 Week 1 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Beef Bolognese with Penne Pasta	Chicken & Leek Pie with Creamy Mashed Potatoes	Roast of the day <i>Choice of two meats, with all the trimmings</i>	Fish Fingers with Baby Potatoes & Peas	Beef Burger with Chips
Main Course 2	Baked Salmon Fillet with Parsley Sauce & Boiled Potatoes	Roast Pork Sausages with Creamy Mashed Potatoes		Chicken Stir-Fry with Rice	Chicken Curry with Rice or Chips
Vegetarian	Broccoli & Spinach Pasta Bake	Bean Burger with Creamy Mashed Potatoes	Roasted Vegetable Quiche	Vegetable Stir-Fry with Rice	French Bread Pizza with Chips
Sides	Selection of Vegetables and Salads	Selection of Vegetables and Salads	Selection of Vegetables and Salads	Selection of Vegetables and Salads	Selection of Vegetables and Salads
Soup/ Sandwiches	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day
Dessert	Toffee Mousse	Belgian Waffle with Chocolate Sauce	Apple Pie & Custard	Chocolate Fudge Cake	Lemon Sponge & Custard

Friends' School
2024 – 2025 Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Lasagne with Garlic Bread & Coleslaw	Meatballs in Tomato Sauce with pasta	Roast of the day <i>Choice of two meats, with all the trimmings</i>	Savoury Mince Pie & Roast Potatoes	Sausage Roll with Chips
Main Course 2	Beef & Black Bean Sauce with Rice	Chicken Kiev with Savoury Rice & Salad		Chicken & Peppers in Tomato Sauce with Rice	Chicken Goujons with Chips
Vegetarian	Veggie Burger with Garlic Bread & Coleslaw	Loaded Potato Skins	Cauliflower & Broccoli Cheese Bake	Vegetable Burrito with Rice	Spring Rolls served with Sweet Chilli Sauce & Chips
Sides	Selection of Vegetables and Salads	Selection of Vegetables and Salads	Selection of Vegetables and Salads	Selection of Vegetables and Salads	Selection of Vegetables and Salads
Soup/ Sandwiches	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day
Dessert	Chocolate Sponge & Custard	Lemon Cheesecake	Apple Crumble	Vanilla Rice Pudding & Fruit	Raspberry Sponge & Custard

Friends' School
2024 – 2025 Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Spaghetti Carbonara & Crusty Bread	BBQ Chicken with Savoury Rice	Roast of the day <i>Choice of two meats, with all the trimmings</i>	Baked Cod with Lemon & Parsley Sauce served with Baby Potatoes	Sausages with Chips
Main Course 2	Steak & Vegetable Pie with Roast Potatoes	Ham, Mac & Cheese with Garlic Bread		Chicken Pie with Baby Potatoes	Chicken Curry with Rice or Chips
Vegetarian	Tomato & Cheese Omelette	Mac & Cheese with Garlic Bread	Roast Vegetable & Pesto Flatbread	Bean Burger with Side Salad	Vegetable Curry with Rice or Chips
Sides	Selection of Vegetables and Salads	Selection of Vegetables and Salads	Selection of Vegetables and Salads	Selection of Vegetables and Salads	Selection of Vegetables and Salads
Soup/ Sandwiches	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day
Dessert	Berry & Apple Crumble	Raspberry & Coconut Sponge	Swiss Roll	Fruit Trifle	Belgian Waffle with Chocolate Sauce

Friends' School
2024 – 2025 Week 4 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 1	Pasta Bolognese	Chicken Korma & Rice	Roast of the day <i>Choice of two meats, with all the trimmings</i>	Breaded Chicken Burger & Wedges	Pepperoni Pizza with Chips
Main Course 2	Char Sui Pork & Noodle Stir-fry	Beef Stroganoff & Rice		Peppered Beef & Rice	Fish, Chips & Mushy Peas
Vegetarian	Vegetable Chow Mein	Mushroom Stroganoff & Rice	Loaded Cheese & Spring Onion Wedges	Vegetable Fried Rice with Sweet Chilli Sauce	Tomato & Cheese Pizza with Chips
Sides	Selection of Vegetables and Salads	Selection of Vegetables and Salads	Selection of Vegetables and Salads	Selection of Vegetables and Salads	Selection of Vegetables and Salads
Soup/ Sandwiches	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day	Assorted Sandwiches & Salads Soup of the Day
Dessert	Iced Sponge & Custard	Belgian Waffle with Chocolate Sauce	Apple Pie & Custard	Fresh Fruit Salad	Toffee Sponge & Caramel Sauce