



Ark Franklin Primary Academy Menu

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Mince Bolognese; Tomato Sauce; Green Sauce	Roast Chicken or Baked Potato	Vegetable Tarts	Chicken Drumsticks Roasted Vegetables	Fish or Vegetable Fingers
To accompany	Pasta	Roast Potatoes Gravy	Selection of salads	Choice of Rice	Chips
Vegetables & Salads	Mixed Leaf Salad	Broccoli Salad		Selection of Salads	Peas Salad
Sides	Garlic Bread	Baguette	Carrot & Cucumber batons	Baguette	Breadsticks
Alternative	Jacket Potato with Baked Beans, Cheese or Tuna Mayo				
Pudding	Carrot Cake	Fruit & Yoghurt	Bread & Butter Pudding	Fruit & Yoghurt	Flapjacks
	Fresh Fruit available daily				

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Vegetarian	Chicken or Vegetarian Sausages	Roast Beef or Baked Potato	Vegetable Tagine	Beef or Vegetable Lasagne	Fish or Vegetable Fingers
To accompany	New Potatoes	Roast Potatoes Gravy	Choice of Rice		Chips
Vegetables & Salads	Baked Beans Salad	Carrots Salad	Selection of Salads	Green Beans Salad	Peas Salad
Sides	Baguette	Yorkshire Pudding	Naan Bread	Focaccia	Baguette
Alternative	Jacket Potato with Baked Beans, Cheese or Tuna Mayo				
Pudding	Banana Bread	Fruit & Yoghurt	Cake & Custard	Fruit & Yoghurt	Jelly & Ice Cream
	Fresh Fruit available daily				