



# Ark Franklin's Menu

| WEEK 1              | Monday   | Tuesday                 | Wednesday                              | Thursday                  | Friday                                |
|---------------------|--|-------------------------|--|---------------------------|---------------------------------------|
| Main                | Beef Bolognese or Tomato Sauce   | Roast Chicken           | Homemade Pizza                         | Beef or Vegetable Lasagne | Fresh Fried Fish or Vegetable Fingers |
| To accompany        | Pasta<br>Garlic Bread  | Roast Potatoes<br>Gravy | Hummus                                 | Focaccia                  | Chips                                 |
| Vegetables & Salads | Mixed Leaf Salad<br>Sweetcorn  | Broccoli                | Carrot, Cucumber & Pepper Crudites     | Green Beans               | Peas<br>Coleslaw                      |
| Alternative         | Jacket Potato with Baked Beans, Cheese, Tuna Mayo, Sweetcorn or Coleslaw |                         |  |                           |                                       |
| Pudding             | Carrot Cake  | Fruit & Yoghurt         | Chocolate Brownie<br>Chocolate Custard | Fruit & Yoghurt           | Lemon Drizzle Cake                    |
|                     | Fresh Fruit Basket Daily   |                         |  |                           |                                       |

| WEEK 2              | Monday   | Tuesday                                      | Wednesday   | Thursday                   | Friday                                |
|---------------------|--|--|---|----------------------------|---------------------------------------|
| Main Vegetarian     | Chicken or Vegetarian Sausages   | Roast Beef                                   | Macaroni Cheese<br>Roasted Vegetables<br>Tomato Sauce | Chicken or Vegetable Curry | Fresh Fried Fish or Vegetable Fingers |
| To accompany        | Mashed Potatoes  | Roast Potatoes<br>Yorkshire Pudding<br>Gravy | Pasta   | Rice<br>Naan Bread         | Chips                                 |
| Vegetables & Salads | Baked Beans  | Carrots                                      | Beetroot Salad<br>Sweetcorn                           | Green Salad                | Peas<br>Coleslaw                      |
| Alternative         | Jacket Potato with Baked Beans, Cheese, Tuna Mayo, Sweetcorn or Coleslaw |  |   |                            |                                       |
| Pudding             | Banana Bread   | Fruit & Yoghurt                              | Treacle Sponge<br>Custard                             | Fruit & Yoghurt            | Jelly & Ice Cream                     |
|                     | Fresh Fruit Basket Daily   |  |   |                            |                                       |