



# 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 Garlic Bread	Roast Potatoes Gravy	Hummus	Focaccia	Chips
Vegetables & Salads	Mixed Leaf Salad Sweetcorn	Broccoli	Carrot, Cucumber & Pepper Crudites	Green Beans	Peas Coleslaw
Alternative	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, Sweetcorn or Coleslaw				
Pudding	Carrot Cake	Fruit & Yoghurt	Chocolate Brownie 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 Roasted Vegetables Tomato Sauce	Chicken or Vegetable Curry	Fresh Fried Fish or Vegetable Fingers
To accompany	Mashed Potatoes	Roast Potatoes Yorkshire Pudding Gravy	Pasta	Rice Naan Bread	Chips
Vegetables & Salads	Baked Beans	Carrots	Beetroot Salad Sweetcorn	Green Salad	Peas Coleslaw
Alternative	Jacket Potato with Baked Beans, Cheese, Tuna Mayo, Sweetcorn or Coleslaw				
Pudding	Banana Bread	Fruit & Yoghurt	Treacle Sponge Custard	Fruit & Yoghurt	Jelly & Ice Cream
	Fresh Fruit Basket Daily				