



ARK Franklin
Primary Academy

Ark Franklin Primary Academy Menu

| WEEK 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|------------------------|--|---------------------------|------------------------------|
| Main | Beef Bolognese or Tomato Sauce | Barbecue Chicken | Homemade Pizza | Beef or Vegetable Lasagne | Fried Fish Vegetable Fingers |
| To accompany | Pasta Garlic Bread | Rice Barbecue Sauce | Hummus | Focaccia | Chips |
| Vegetables & Salads | Sweetcorn | Broccoli Cucumber | Carrot, Cucumber and Pepper Crudités | Mixed Green Salad | 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 | Burger Vegetarian Burger |
| To accompany | Mashed Potatoes | Roast Potatoes Yorkshire Pudding Gravy | Pasta | Rice Naan Bread | Chips |
| Vegetables & Salads | Baked Beans | Carrots | Sweetcorn | Green Salad | Pickles Coleslaw |
| Alternative | Jacket Potato with Baked Beans, Cheese, Tuna Mayo, Sweetcorn or Coleslaw | | | | |
| Pudding | Chocolate Chip Cookies | Fruit & Yoghurt | Treacle Sponge Custard | Fruit & Yoghurt | Jelly & Ice Cream |
| | Fresh Fruit Basket Daily | | | | |