

















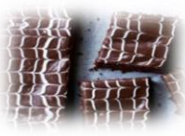




Ark Franklin Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Wholewheat pasta with roasted vegetable ratatouille 	Chicken curry with pilau rice OR Jacket potatoes with a selection of fillings 	Homemade margarita sourdough pizza 	Meat or veggie meatballs with spaghetti 	Chicken or veggie sausages with creamed potatoes 
Sides	cucumber batons 	cucumber & carrot batons 	corn on the cob 	green salad 	baked beans 
Pudding	fresh seasonal fruit 	fresh seasonal fruit and Greek yoghurt 	carrot cake fresh seasonal fruit 	fresh seasonal fruit and Greek yoghurt 	lemon cake fresh seasonal fruit 

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potatoes with selection of fillings 	Cajun chicken or vegetable curry with sticky rice 	Noodles with roasted seasonal vegetables 	Beef OR vegetable lasagne 	Breaded fish OR veggie fingers with Chips 
Sides	salad bar 	carrot batons 	cucumber batons 	green salad 	cabbage slaw 
Pudding	fresh seasonal fruit 	fresh seasonal fruit and Greek yoghurt 	shortbread fresh seasonal fruit 	fresh seasonal fruit and Greek yoghurt 	chocolate cake fresh seasonal fruit 



Franklin's lunches are made from scratch by our committed catering team, led by Debs Warner, with ingredients sourced from our garden according to the season, including fresh onions, garlic, salad, herbs, tomatoes, carrots, broccoli, beetroot and runner beans.

