



FRIERN BARNET SCHOOL LUNCH MENU APRIL 2023– OCTOBER 2023

| Week 1 | Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|---|
| Chef's Special | Quorn Burger in a Bun with Wedges | Beef Chilli Con Carne with Rice | Roast Chicken Leg with Roast Potatoes & Gravy | Pork or Chicken Sausage with Yorkshire Pudding, Mashed Potato & Gravy | Battered Fish or Salmon Fishcakes, Fries & Homemade Tartare Sauce |
| Price (Inc. veggies): £1.75 | | | | | |
| Vegetarian Dish of the Day | Vegetable Teriyaki Noodles | Macaroni Cheese | Lentil & Vegetable Loaf with Roast Potatoes & Gravy | Cheese & Onion Wholemeal Quiche with Salad | Quorn Hot Dog with Fries |
| Price (Inc. veggies): £1.75 | | | | | |
| FEED YOUR ECO Plant Based Food £1.75 | Quesadillas with Mexican Salsa & Vegan Mayo | Roasted Vegetable Lasagne (VG) with Garlic Bread | Chickpea & Vegetable Tagine with Cous Cous | Quorn Sausage with Plant Based Yorkshire Pudding & Gravy | Fusilli or Penne Pasta with Tomato & Herb or Mushroom Sauce |
| Jacket & Wedges Price (Inc. veggies): £1.75 | <i>Taking street cart fries to another level</i> Jacket Potatoes or Jacket Wedges Served with a selection of toppings. Enjoy 2 of our daily Specials: Grated Cheddar, Baked Beans or Coleslaw | | | | |
| Dessert | Lemon Drizzle Cake | Frozen Strawberry Yoghurt | Apple Crumble with Custard | Fruity Flapjack | Pear & Chocolate Sponge with Custard |
| Cakes & Bakes Price £0.59 | | | | | |
| PLANT BASED Dessert Cakes & Bakes Price £0.59 | Oaty Banana Crunch | Fresh Fruit Salad | Strawberry Jelly | Plant Based Chocolate Brownie | Berry Muffin |

Plant Based (Vegan Friendly) Vegetarian




















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| Week 2 | Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|-------------------------------------|---|--|---|
| Chef's Special | The American Hot Dog with Paprika Potato Wedges | Lamb Bolognese Sauce with Pasta | Southern Coated Crispy Chicken with Paprika Potato Wedges | Keema Beef Curry with Turmeric Rice | Tuna Pasta Bake |
| Price (Inc. veggies): £1.75 | | | | | |
| Vegetarian Dish of the Day | Tomato & Cheese Quiche with Paprika Potato Wedges | Malaysian Vegetable Noodles | Quorn Toad in the Hole served with Roast Potatoes & Gravy | Sweetcorn & Chickpea Burger in a Bun with Wedges | Vegetable, Bean & Cheese Quesadillas with Fries |
| Price (Inc. veggies): £1.75 | | | | | |
| FEED YOUR ECO Plant Based Food £1.75 | Plant Based Cottage Pie | Soy Garlic Mushrooms with Cous Cous | Southern Spiced Cauliflower with Cajun Wedges | Vegetarian Piri Piri Wrap with Wedges | Quorn Nuggets with Chips |
| Jacket & Wedges Price (Inc. veggies): £1.75 | <i>Taking street cart fries to another level</i> Jacket Potatoes or Jacket Wedges Served with a selection of toppings. Enjoy 2 of our daily Specials: Grated Cheddar, Baked Beans or Coleslaw | | | | |
| Dessert | | | | | |
| Cakes & Bakes Price £0.59 | Eve's (Apple) Pudding with Custard | Frozen Toffee Yoghurt | Pear Crumble with Custard | Oat Dream Cookie | |
| VEGAN Dessert Cakes & Bakes Price £0.59 | Orange Jelly | Berry Muffin | Fresh Fruit Salad | Oaty Banana Crunch | Plant Based Chocolate Brownie |

Plant Based (Vegan Friendly) Vegetarian



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| Week 3 | Meat Free Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|--|
| Chef's Special | Cheese & Spring Onion Hot Dog with Garlic & Herb Potato Wedges  | Chicken Meatballs with Pasta in Tomato sauce | BBQ Pulled Chicken with Roast Potatoes | Beef Burger in a Bun with Cajun Wedges | Battered Fish with Fries and Homemade Tartare Sauce |
| Price (Inc. veggies): £1.75 | | | | | |
| Vegetarian Dish of the Day | Mushroom, Cheese & Potato Pie with Wedges  | Sweet Potato & Lentil Curry with Turmeric Rice  | Vegetable Lasagne with Salad  | Roasted Vegetable & Feta Wrap with Salad  | Tricolore Fusilli Pasta Neapolitan  |
| Price (Inc. veggies): £1.75 | | | | | |
| FEED YOUR ECO Plant Based Food £1.85  | Plant based Spaghetti Bolognese  | Bean Burger with Cajun Potato Wedges  | Sweet Chilli Fry's Strips with Savoury Rice  | Dhansak Curry with Rice  | Vegetable Biryani  |
| Jacket & Wedges Price (Inc. veggies): £1.75 | <p style="text-align: center;"><i>Taking street cart fries to another level</i></p> <p>Jacket Potatoes or Jacket Wedges Served with a selection of toppings. Enjoy 2 of our daily Specials: Grated Cheddar, Baked Beans or Coleslaw</p> | | | | |
| Dessert Cakes & Bakes Price £0.59 | Marble Sponge | Frozen Strawberry Yoghurt | Pear & Berry Crumble with Custard | | Pear & Vanilla Sponge with Custard |
| PLANT BASED Dessert Cakes & Bakes Price £0.59 | Berry Muffin  | Strawberry Jelly  | Fresh Fruit Salad  | Plant Based Chocolate Brownie  | Orange Jelly  |

 Plant Based (Vegan Friendly)  Vegetarian