



**ARK Franklin**  
Primary Academy

## Ark Franklin Primary Academy Lunch Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Sausage	Roast Chicken served with a slice of sage and onion stuffing	Vegetarian Day  Vegetable Stroganoff	Beef and Potato Pie topped with Puff Pastry	Battered Cod or Breaded Fish Fingers
Veggie Mains	Lentil Curry and Naan Bread	Ratatouille and Garlic Bread	or Macaroni and Cheese  Or Vegetable Soup	Vegetable Wraps and Salad	Cauliflower and Cheese Bake
Sides and Veg	Creamy Mashed Potatoes and Steamed Carrots	Roast Potatoes and Steamed Broccoli	Range of Salad	Mixed Vegetables	Chips and Peas
Jackets & Pasta	With Baked Beans, Cheese or Tuna Mayo ( limited availability)				
Pudding	Semolina	Beetroot and Chocolate Fudge Brownie with Chocolate Custard	Fresh Fruit Salad	Apple Crumble and Custard	Fruit Jelly
Fruit & Yoghurt	Range of Fresh Fruits and Yogurts are available daily				



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## Ark Franklin Primary Academy Lunch Menu Week 2

Deborah's	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Chicken Chow Mein Noodles	Roast Beef and Yorkshire Pudding	Vegetarian Day Roasted Vegetable Pasta Bake and Garlic Bread	Fried Chicken	Salmon and Broccoli Pie
Veggie Mains	Cous Cous Stuffed Pepper	Sweet and Sour Mixed Vegetables	or Pizza or Vegetable Soup	Vegetable Stir Fry	Lentil Bolognese
Sides and Veg	Rice and Steamed Broccoli	Roast Potatoes and Cabbage	Range of Salad and Mixed Vegetables	Rice or Chips and Beans	Garlic Bread and Steamed Carrots
Jackets & Pasta	With Baked Beans, Cheese or Tuna Mayo (limited availability)				
Pudding	Mousse	Red Velvet Sponge and Chocolate Custard	Fruit Salad	Jam Bakewell and Custard	Shortbread Biscuits
Fruit & Yoghurt	Range of Fresh Fruits and Yogurts are available daily				



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## Lunch Menu Week 3

Darren's	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Shepherd's Pie	Garlic and Herb Roast Chicken and Gravy	Vegetarian Day Vegetable Pie or Vegetable Stir-fried Noodles	Lamb Curry and Naan Bread	Baked Fish
Veggie Mains	Vegetable Lasagne	Lentil and Sweet Potato Curry and Naan Bread	or Vegetable Soup	Vegetable Fried Rice	Vegetable Finger Wrap
Sides and Veg	Garlic Bread and Steamed Carrots	Roast Potatoes And Steamed Cauliflower	Mixed Vegetables	Steamed Broccoli	Chips and Mushy Peas
Jackets & Pasta	With Baked Beans, Cheese or Tuna Mayo (limited availability)				
Pudding	Cookies	Carrot Cake and Custard	Fruit Salad	Chocolate Sponge and custard	Mousse
Fruit & Yoghurt	Range of Fresh Fruits and Yogurts are available daily				



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## Ark Franklin Primary Academy After School Club Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hot filled Panini	Lamb or Vegetable Burger	Hot filled Chicken or Vegetable Wraps	Vegetable Pasta Bake	Crispy Chicken Caesar Salad
Week 2	Cheese and Tomato Pizza and Salad	Chicken, Tuna or Cheese Wraps	Chicken or Vegetable Curry with Rice and Naan Bread	Tomato or Bolognese Pasta	Chicken or Vegetable Hot Dog
Week 3	Burger and Salad	Pasta Bake	Hot filled Panini	Chicken or Vegetable Stew with rice	Pizza and Chips
Daily	Fresh Salad				
Daily	Range of Fresh Fruits and Yogurts are available daily				