



Friezland Lunch Menu



WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Cod Bites Cheese Pie Peas Sweetcorn Potato Twizzlers Mash	Pasta bake with a hint of spice! Chicken Steak Spaghetti Hoops Mixed Vegetables Mash Roast Potatoes	Meat Pie Fish Stars Carrots Broccoli Mash Roast Potatoes	Sausages Mac N Cheese Mixed Vegetables Peas Potato Wedges Mash	Margherita Pizza Chip Shop Fish Baked Beans Sweetcorn Chunky Chips / Skinny Fries

WEEK 2

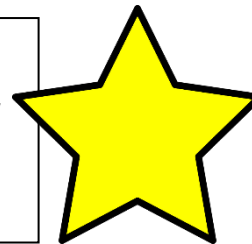
Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll Cheesy Omelette Peas Spaghetti Hoops Potato Wedges Mash	Fish Fingers Meatballs (100% beef) Mixed Vegetables Sweetcorn Mash Roast Potatoes	Roast Dinner (Ham / Chicken) Cheese Quiche Carrots Broccoli Mash Roast Potatoes	Bubble Fish Chicken Curry Rice Mixed Vegetables Potato Twizzlers Mash	Margherita Pizza Beef Burger in a Bun Baked Beans Sweetcorn Chunky Chips / Skinny Fries

Deserts include:

Charlie's Carrot Cake
Nieve's Oaty Biscuits
Ice-cream / Arctic Roll
Blueberry Cupcake
Shortbread
Sponge Cake and Custard
Flapjack
Jelly
Ginger Biscuits
Jam Tart
Chocolate / Strawberry Mousse
Choccy Cake
(Daily selection / rotation)

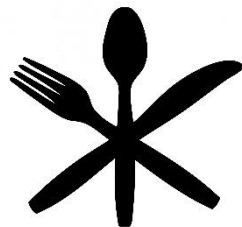
Tasters!

Weekly samples are on offer when new products become available- your feedback will decide whether or not it makes our menu!



On offer daily:

Salad bar
Jacket Potatoes (not Fridays unless pre-ordered)
Sliced bread
Fresh fruit
Yogurts



Dietary Requirements

We aim to cater for specific dietary requirements and provide suitable alternatives- allergies, intolerance, vegetarian, pescatarian etc.

