

# FRAMLINGHAM COLLEGE LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the Day with Homemade Bread ***	Soup of the Day with Homemade Bread ***	Soup of the Day with Homemade Bread ***	Soup of the Day with Homemade Bread ***	Soup of the Day with Homemade Bread ***	Soup of the Day with Homemade Bread ***	Ploughman's Lunch
Thai-Style Green Chicken Curry	Butchers Pork Sausage in Onion Gravy	Honey and Mustard Glazed Ham Carvery	Minced Beef Lasagne	Deep-Fried Pollack Fillet in Beer Batter	Beef Bourguignon	
Confit Leg of Duck with a Plum Glaze	Venison, Red Wine and Cranberry Pie	Chicken Chasseur	Seafood Linguine	Oven Baked Jumbo Sausage	Chargrilled Turkey Steak with a Tomato and Basil Sauce	Chef's Cake Selection
Chickpea, Coriander and Coconut Korma	Quorn Toad in the Hole	Leek, Sage and Cheddar Pithivier	Field Mushroom Risotto with Parmesan Flakes	Cheese and Red Onion Pasty	Feta, Tomato and Olive Stuffed Peppers on Cous Cous	
***	***	***	***	***	***	Homemade Yoghurt Fresh Fruit
Egg Fried Rice	Champ Potato	Minted New Potatoes	Garlic Bread Wedges	Chunky Chips	Dauphinoise Potatoes	
Sugar snaps and Baby Corn	Sweet Red Cabbage	Steamed Vegetable Medley	Roasted Mediterranean Vegetables	Baked Beans	Steamed Savoy Cabbage	Homemade Yoghurt Fresh Fruit
Prawn Crackers	Cheesy Leeks			Pea Puree	Honey Roast Carrots and Parsnips ***	
***	***	***	***	***	***	Homemade Yoghurt Fresh Fruit
Vanilla Cheesecake with Butterscotch Sauce	<b>Shrove Tuesday</b> Sugared Pancakes with Lemon Juice	Chocolate Crunch with Chocolate Sauce	Deep-Fill Lemon Tart with Crème Fraîche	Apple Crumble and Custard	Fresh Fruit Salad with Cream	
Homemade Yoghurt Fresh Fruit ***	Homemade Yoghurt Fresh Fruit ***	Homemade Yoghurt Fresh Fruit ***	Homemade Yoghurt Fresh Fruit ***	Homemade Yoghurt Fresh Fruit ***	Homemade Yoghurt Fresh Fruit ***	Homemade Yoghurt Fresh Fruit
Jacket Potato Bar	Jacket Potato Bar	Jacket Potato Bar	Jacket Potato Bar	Jacket Potato Bar	Jacket Potato Bar	
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Homemade Yoghurt Fresh Fruit
Pasta Bar	Pasta Bar	Pasta Bar	<b>Theatre Cookery</b> Griddled Chicken Caesar Salad served with warm Flatbread	Pasta Bar	Pasta Bar	

# FRAMLINGHAM COLLEGE SUPPER MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the Day with Homemade Bread ***	Soup of the Day with Homemade Bread ***	Soup of the Day with Homemade Bread ***	Soup of the Day with Homemade Bread ***	Soup of the Day with Homemade Bread ***	Soup of the Day with Homemade Bread ***	***
Jacket Potato Bar with a Selection of Hot and Cold Fillings	Breaded Fish Fillet in a Bun with Tartar Sauce and Iceberg Lettuce	Piri Piri Pork Steak	Chicken Fillet Wrapped in Bacon	Mildly Spiced Beef Chilli	Pizza and Pasta Bar	Honey Roast Char Sui Pork
	Mushroom Omelette	Falafel Pitta with Tomato Salsa	Goat's Cheese, Red Onion and Cherry Tomato Tarte Tatin	Vegetable and Bean Burrito		Sticky Lemon Chicken
	***	***	***	***		Vegetable Chow Mein with Bean Sprouts Mushroom Fried Rice
	Skinny Fries	Apple Coleslaw	Herb Roasted Potatoes	Steamed Rice		
	Garden Peas	Onion Rings	Steamed Broccoli Florets	Tortilla Chips		Crispy Seaweed & Prawn Crackers
***	***	Baked Potato ***	Mushroom Cream Sauce ***	Sweetcorn ***	***	***
Jelly and Ice Cream	Double Chocolate Muffins	Eton Mess	H/M Banana Cake with Cream Cheese Frosting	Ice Cream Tubs	Cold Dessert of the Day	Pineapple Fritters with Vanilla Ice Cream
Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
***	***	***	***	***	***	***
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
<b>Annex Snack Bar</b>	<b>Annex Snack Bar</b>	<b>Annex Snack Bar</b>	<b>Annex Snack Bar</b>	<b>Annex Snack Bar</b>		
Spinach, Tomato and Mozzarella Calzones	Chunky Minestrone Soup with H/M Bread	French Bread Pizza	Fresh Baked Sausage Rolls with Baked Beans	Deli Bar		