



THOMAS FRANKS COMMUNITY
WEEKLY MENU



WEEK ONE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Cheesy Whirls (V)	Chicken, Onion and Pepper Fajitas (H)	Jacket Potato Day Served with a variety of fillings	Cheese and Onion Quiche (V)	Jumbo Fish Fingers
Allergen Free Dish	Cheesy Whirls (V)	Jackfruit and Pepper Fajitas (V)	Jacket Potato served with Cheese (V)	Cheese and Tomato Quiche (V)	Vegan Fish Fingers (V)
Vegetable Side	Fresh Veg of the Day Potatoes of the Day	Fresh Veg of the Day Braised Pilau Rice	Baked Beans Coleslaw	Fresh Veg of the Day Baked Potato Wedges	Fresh Veg of the Day Thick cut Chips
Dessert	Chocolate Sponge and Chocolate Sauce	Apple Granola Crumble and Custard	Honey, Oat seeded Flapjack	Vanilla Rice Pudding with Fruit Jam	Freshly Baked Cookies
FRESH FRUIT & SALADS AVAILABLE DAILY					

FOR ALLERGEN INFORMATION, PLEASE ASK A MEMBER OF THE CATERING TEAM.