



THOMAS FRANKS COMMUNITY
WEEKLY MENU



| WEEK THREE | | | | | |
|--------------------------------------|---|--|---|--------------------------|--------------------------------------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Main | Spicy Tomato Chicken (H) | Lightly Spiced Beef Chilli (H) | BBQ Chicken Pizza (H) | Creamy Chicken Pasta (H) | Freshly Battered Haddock (H) |
| Allergen Free Dish | Spicy Tomato Quorn (V) | Vegetable and Lentil Chilli (V) | Cheese and Tomato Pizza (V) | Chunky Tomato Pasta (V) | Vegan Battered Fish (V) |
| Vegetable Side | Fresh Veg of the Day Potatoes of the Day | Fresh Veg of the Day Braised Pilau Rice | Fresh Veg of the Day Seasoned Wedges | Fresh Veg of the Day | Fresh Veg of the Day French Fries |
| Dessert | Eton Mess | Golden Syrup Sponge And Custard | Freshly Baked Cookies | Chocolate Brownies | Vanilla Ice-Cream |
| FRESH FRUIT & SALADS AVAILABLE DAILY | | | | | |

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