

# Furness Academy Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil and Bacon	Moroccan Chickpea	Noodle Soup	Spiced Root Vegetable	Vegetable Broth
Special of the Day	<b>Cumberland Sausage</b> Served with seasonal veg and onion gravy	<b>Beef Casserole</b> Slow cooked chunky Beef Casserole served with potatoes and seasonal veg	<b>Classic Meat and Potato Pie</b> Served with peas, beetroot and onions	<b>Roast of the Day</b> Roast Pork/Gammon served with all the roast trimmings	<b>Classic Fish and Chips</b> Breaded cod, served with chips and mushy peas
Main Courses	<ul style="list-style-type: none"> <li>• Meatballs</li> <li>• Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet &amp; Sour Chicken</li> <li>• Beans on toast</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Joe</li> <li>• Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Rogan Josh</li> <li>• Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Beef in Black Bean sauce</li> <li>• Cheese Pasty</li> </ul>
Vegetarian Option	Lentil and Mushroom Crumble	Roasted Vegetable Lasagne	Vegetarian Omelette	Vegetable Enchiladas	Vegetable Jalfrezi
Side Dishes	<ul style="list-style-type: none"> <li>• Pasta Shapes</li> <li>• Boiled Rice</li> <li>• Jacket Potatoes</li> <li>• Seasonal Veg</li> <li>• Baked Beans</li> <li>• Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Creamed Potatoes</li> <li>• Jacket Potatoes</li> <li>• Rice</li> <li>• Seasonal Veg</li> <li>• Baked Beans</li> <li>• Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Potato Wedges</li> <li>• Jacket Potatoes</li> <li>• Seasonal Veg</li> <li>• Baked Beans</li> <li>• Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Roast Potatoes</li> <li>• Creamed Potatoes</li> <li>• Jacket Potatoes</li> <li>• Seasonal Veg</li> <li>• Baked Beans</li> <li>• Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Chips</li> <li>• Rice</li> <li>• Jacket Potatoes</li> <li>• Seasonal Veg</li> <li>• Baked Beans</li> <li>• Coleslaw</li> </ul>
Special Dessert of the Day	<b>Baked Rice Pudding</b>	<b>Chocolate Sponge and Custard</b>	<b>Gingerbread and Custard</b>	<b>Apple and Blackberry crumble with Custard</b>	<b>Jam Sponge and Custard</b>
Desserts	<ul style="list-style-type: none"> <li>• Selection of Fruit</li> <li>• Fruit Yogurts</li> <li>• Tray Bakes</li> </ul>	<ul style="list-style-type: none"> <li>• Selection of Fruit</li> <li>• Fruit Yogurts</li> <li>• Tray Bakes</li> </ul>	<ul style="list-style-type: none"> <li>• Selection of Fruit</li> <li>• Fruit Yogurts</li> <li>• Tray Bakes</li> </ul>	<ul style="list-style-type: none"> <li>• Selection of Fruit</li> <li>• Fruit Yogurts</li> <li>• Tray Bakes</li> </ul>	<ul style="list-style-type: none"> <li>• Selection of Fruit</li> <li>• Fruit Yogurts</li> <li>• Tray Bakes</li> </ul>
Street Food	Mexican	Continental	Oriental	USA	Fish Shop

Fresh sandwiches, baguettes, wraps, paninis and salad boxes also available every day from the Grab and Go Counter