

# Furness Academy Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Cauliflower and Broccoli	Lentil and Carrot	Sweet Potato	Spicy Bean	French Onion
Special of the Day	<b>Pasta Bolognese</b> Beef cooked in a rich tomato sauce served with pasta	<b>Classic Lasagne</b> Beef Lasagne with garlic bread served with a fresh side salad	<b>Shepherd's Pie</b> Classic Mince and Potato dish served with seasonal veg	<b>Roast of the Day</b> Roast Turkey and stuffing 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>• Chicken Goujon</li> <li>• Fajita</li> <li>• Cheese pizza</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ chicken fillet</li> <li>• Beans on toast</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Tikka Balti</li> <li>• Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Salmon/Haddock</li> <li>• Fish Pie</li> <li>• Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Curry</li> <li>• Sausage Roll</li> </ul>
Vegetarian Option	Sweet Potato and Lentil Korma	Vegetable Chilli Basket	Spicy Bean Burger in Brioche Bun	Vegetable Pasta Bake	Stuffed Jacket Potato
Side Dishes	<ul style="list-style-type: none"> <li>• Pasta Shapes</li> <li>• Rice</li> <li>• Jacket Potatoes</li> <li>• Creamed Potatoes</li> <li>• Seasonal Veg</li> <li>• Baked Beans</li> <li>• Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• New 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>• Rice</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 gravy</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>Fruit Crumble and Custard</b>	<b>Orange Sponge and Custard</b>	<b>Baked Rice Pudding</b>	<b>Fruit Pie and Custard</b>	<b>Fruit Salad and Ice Cream</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