

# Furness Academy Menu - Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chunky Chicken	Chickpea and Parsley	Carrot and Ginger	Tomato and Lentil	Vegetable
Special of the Day	<b>Carne Basket</b> Chilli con Carne served in a tortilla basket with rice and salad	<b>Spanish Meatballs</b> Beef and Pork meatballs in a tomato and basil sauce served with pasta	<b>Cornish Pasty</b> Beef & Vegetables encased in pastry served with Peas & Beetroot	<b>Roast of the Day</b> Roast Beef 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>• Toad in the Hole</li> <li>• Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Homemade Salmon Fish Cake</li> <li>• Beans on Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Burger</li> <li>• Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Jalfrezi</li> <li>• Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Chow Mein</li> <li>• Sausage Roll</li> </ul>
Vegetarian Option	Butternut & Butterbean Bake	Tomato and Vegetable Pasta Bake	Crispy Cauliflower Cheese	Spicy Vegetable Tortilla Wrap	Vegetable Stir Fry
Side Dishes	<ul style="list-style-type: none"> <li>• Pasta Shapes</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>• Pasta</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>Tiramisu Sponge and Custard</b>	<b>Fruit Crumble and Custard</b>	<b>Gingerbread and Custard</b>	<b>Apple Pie with Custard</b>	<b>Fruit Jelly and 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