

FURNESS ACADEMY MENU

WEEK 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil & tomato soup	Chicken & sweet corn soup	Country vegetable soup	Butternut squash soup	Vegetable broth
Main course	Beef lasagne Sausage & onions Spicy vegetable risotto Cheese & tomato pizza	Chilli con carne Broccoli & potato bake peppered pizza Homemade beef patties & roll	Chicken curry Beef & onion pie Baked butternut squash/ butterbean bake Garlic bread Cheese & tomato pizza	Roast beef with Yorkshire puddings Vegetable carbonara Salmon fishcakes Vegetable pizza	Breaded haddock Oriental beef stir-fry Vegetable curry Spicy pizza
Potatoes	Creamed potato Jacket potato Tomato pasta Pasta shells Spicy jacket wedges	Rice Penne pasta Spicy tomato pasta Jacket potato Spicy jacket potato wedges	Jacket potato Boiled new potato Tomato pasta Penne pasta Rice	Roast potato Creamed potato Jacket potato Tomato & mushroom pasta Penne pasta Gravy	Chips Jacket potato Pasta shells Tomato pasta Noodles Rita sauce
Vegetables	Sweet corn Peas Baked beans	Farmhouse vegetables Peas Baked beans	Carrots Cabbage Baked beans	Carrots Roasted vegetables Baked beans	Peas Purple sprouting broccoli Baked beans
Sweet	Eves pudding & custard Selection of fruit Fruit yoghurt Tray-bakes	Rhubarb crumble & custard Selection of fruit Fruit yoghurt Tray-bakes	Baked rice pudding Selection of fruit Fruit yoghurt Tray-bakes	Pineapple upside down cake & custard Selection of fruit Yoghurt Tray-bakes	Banana & custard Selection of fruit Yoghurt Tray-bakes