

FURNESS ACADEMY MENU

WEEK 3



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--|--|--|---|---|
| Soup | Tomato soup | Country vegetable soup | Carrot & coriander soup | Mushroom soup | Potato & leek soup |
| Main course | Meatballs in tomato sauce Macaroni cheese Lamb hot Pot Pizza Gravy Garlic bread | Chicken Tikka Masala Lentil & vegetable crumble Steak & vegetable pie Peppered pizza Naan bread Gravy | Mince Beef & dumplings Pepper Quiche Vegetable chilli Cheese and tomato pizza | Roast turkey & stuffing Vegetable curry Tuna fishcakes/pasta bake Vegetable pizza Gravy | Battered haddock Chicken curry Spicy vegetable burger & bun Assorted pizza |
| Potatoes | Jacket potato Tomato pasta Pasta penne Boiled new potatoes | Creamed potatoes Rice Pasta shells Jacket potato Spicy tomato pasta | Spicy potato wedges Jacket potato Tomato mushroom pasta Pasta shells Rice | Roast potato Creamed potato Jacket potato Rice Tomato pasta Pasta penne | Chips Jacket potato Pasta penne Tomato pasta Rice |
| Vegetables | Garden peas Carrots Baked beans | Mixed vegetable Broccoli Baked beans | Carrots Cabbage Baked beans | Sprouts Cauliflower Baked beans | Peas Roasted vegetables Baked beans |
| Sweet | Bread & butter pudding with custard Selection of fruit Fruit yoghurt Tray-bakes | Apple & blackberry crumble with custard Selection of fruit Fruit yoghurt Tray-bakes | Chocolate treacle sponge with custard Selection of fruit Fruit yoghurt Tray-bakes | Apple pie with custard Selection of fruit Yoghurt Tray-bakes | Apricot & pear bake Selection of fruit Yoghurt Tray-bakes |