

Furness Academy Menu - Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chunky Chicken	Spiced Carrot and Lentil	Carrot and Ginger	Tomato and Lentil	Vegetable
Carb Counter (£2.25 Meal Deal with juice and biscuit)	Carne Basket Chilli con Carne served in a tortilla basket with rice and salad	Chicken Rogan Josh Chicken Curry served with naan bread and rice	Spanish Meatballs Beef and Pork meatballs in a tomato and basil sauce served with pasta	Roast of the Day Roast Beef served with all the roast trimmings	Classic Fish and Chips Breaded Cod, served with chips and mushy peas
Main Courses	<ul style="list-style-type: none"> Toad in the Hole Pizza 	<ul style="list-style-type: none"> Meat and Potato Pie Beans on Toast Tuna Pasta Bake 	<ul style="list-style-type: none"> Thai Chicken Curry Pizza 	<ul style="list-style-type: none"> Chicken Pasta Bake Pizza Hot Baguettes 	<ul style="list-style-type: none"> Sausage Roll Cheese and Onion Pie
Vegetarian Option (suitable for vegans)	Vegetable Chilli	Mushroom and Potato Curry	Spinach, Sweet Potato and Lentil Daal	Chickpea Tagine	
Side Dishes	<ul style="list-style-type: none"> Pasta penne Jacket Potatoes Creamed Potatoes Seasonal Veg Baked Beans Coleslaw Rice 	<ul style="list-style-type: none"> New Potatoes Jacket Potatoes Rice Seasonal Veg Baked Beans Coleslaw 	<ul style="list-style-type: none"> Potato Wedges Jacket Potatoes Pasta Seasonal Veg Baked Beans Coleslaw 	<ul style="list-style-type: none"> Roast Potatoes Creamed Potatoes Jacket Potatoes Seasonal Veg Baked Beans Coleslaw Gravy 	<ul style="list-style-type: none"> Chips Jacket Potatoes Seasonal Veg Baked Beans Coleslaw
Special Dessert of the Day	Tiramisu Sponge and Custard	Fruit Crumble and Custard	Gingerbread and Custard	Apple Pie with Custard	Fruit Jelly and Cream
Desserts	<ul style="list-style-type: none"> Selection of Fruit Fruit Yogurts Tray Bakes 	<ul style="list-style-type: none"> Selection of Fruit Fruit Yogurts Tray Bakes 	<ul style="list-style-type: none"> Selection of Fruit Fruit Yogurts Tray Bakes 	<ul style="list-style-type: none"> Selection of Fruit Fruit Yogurts Tray Bakes 	<ul style="list-style-type: none"> Selection of Fruit Fruit Yogurts Tray Bakes
Street Food	Mexican	Continental	Oriental	USA	Fish Shop
	Peri Peri Chicken	Chicken Kebab	Sweet Chili Chicken Noodles	BBQ/Gravy Pork Buns	Chips and Toppings

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