

Furness Academy Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Carrot and Coriander	Leek and Potato	Mushroom	Tomato and Basil	Vegetable
Carb Counter (£2.25 Meal Deal with juice and biscuit)	Pasta Bolognese Beef cooked in a rich tomato sauce served with pasta	Chicken Tikka Masala Served with naan bread and poppadoms	All Day Breakfast Served with bacon, sausage, beans, hashbrown & tomato	Roast of the Day Roast Chicken served with all the roast trimmings	Classic Fish & Chips Breaded Cod, served with chips and mushy peas
Main Courses	<ul style="list-style-type: none"> Assorted Pizza Chicken Chow Mein 	<ul style="list-style-type: none"> Beans on toast Chicken Stroganoff Beef Stir Fry 	<ul style="list-style-type: none"> Assorted Pizza Sweet and Sour Chicken 	<ul style="list-style-type: none"> Shepherd's Pie Assorted Pizza Hot Baguettes 	<ul style="list-style-type: none"> Sausage Roll Chips and Toppings
Vegetarian/Vegan Option	Vegetable Tikka Masala	Mushroom Stroganoff	Vegetable Pasta Bake	Veggie Shepherd's Pie	Cheese and Potato Pie
Side Dishes	<ul style="list-style-type: none"> Jacket Potatoes Seasonal Veg Baked Beans Coleslaw 	<ul style="list-style-type: none"> Jacket Potatoes Rice Seasonal Veg Baked Beans Coleslaw 	<ul style="list-style-type: none"> Jacket Potatoes Seasonal Veg Baked Beans Coleslaw 	<ul style="list-style-type: none"> Roast Potatoes Creamed Potatoes Jacket Potatoes Seasonal Veg Baked Beans Coleslaw 	<ul style="list-style-type: none"> Chips Jacket Potatoes Seasonal Veg Baked Beans Coleslaw
Special Dessert of the Day	Sticky Toffee Pudding and Custard	Fruit Cheesecake	Pineapple Upside Down Cake	Gateau	Chocolate Sponge and Custard
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
Hot Deli Bar	Ham and Cheese Flatbread/Wrap	Calzone Pizza	Piri Piri Chicken Flatbread/Wrap	Sloppy Joe Baguette/Sliders	Chips and Toppings
Street Food	Mexican	Continental	Oriental	USA	Fish Shop
	Chicken Salsa Soft Tacos	Pie of the Day	Chinese Style Chicken Curry and Rice	BBQ Hunters Chicken Slider	Chips and Toppings
Pasta King	BBQ Pulled Pork/Quorn	Beef Chill/Veg Chili	Carbonara/Cheese Sauce	Chicken/Veggie Korma	Chips and Toppings

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