

# Furness Academy Menu - Week 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b> (early day)	<b>Thursday</b>	<b>Friday</b>
Soup	Cauliflower and Broccoli	Chicken and Mushroom	Sweet Potato and Lentil	Spicy Bean	Tomato
Carb Counter <b>(£2.25 Meal Deal with juice and biscuit)</b>	<b>Beef Casserole</b> Slow cooked chunky beef casserole served with potatoes and seasonal veg	<b>Classic Lasagne</b> Beef Lasagne with garlic bread served with a fresh side salad	<b>Pasta Carbonara</b> Bacon & mushroom pasta served in a rich cream sauce and garlic bread	<b>Roast of the Day</b> Roast Turkey and stuffing 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>• Chicken Goujon</li> <li>• Fajita</li> <li>• Cheese pizza</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ chicken fillet</li> <li>• Beans on toast</li> <li>• Turkey Korma</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken burger</li> <li>• Pizza</li> </ul>	<ul style="list-style-type: none"> <li>• Fish Bake</li> <li>• Pizza</li> <li>• Hot Baguettes</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage Roll</li> </ul>
Vegetarian Option (suitable for vegans)	Sweet Potato and Lentil Korma	Veg Thai Curry	Veggie Casserole	Chickpea Curry	Sweet Potato and Black Bean Chilli
Side Dishes	<ul style="list-style-type: none"> <li>• Jacket 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>• Jacket Potatoes</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</li> <li>• 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>Fruit Crumble and Custard</b>	<b>Orange Sponge and Custard</b>	<b>Baked Rice Pudding</b>	<b>Fruit Pie and Custard</b>	<b>Fruit Salad and Ice 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
	Spicy Mince	Calzone Pizzas	Hot Dogs	Spicy Chicken Drumstick and Rice	Chips and Toppings

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