

WEEKLY

MENU

Fortismere School - Week 3



Monday

Tuesday

Wednesday

Thursday

Friday

Slow Cooked Chicken Paprika & Black Olive served with Penne Pasta

Cajun Beef, Mixed Pepper & Onion served with Steamed Rice

Mixed Herb Roast Chicken served with Roast Potatoes & Gravy

Red Thai Style Chicken Curry served with Steamed Rice

Battered Fish & Chunky Chips

Spicy Cannellini Beans, Caramelised Red Onion & Peppers in a Wrap

Bulgar Wheat with Seasoned Mixed Vegetable, Spring Onion & Tomato

Slow Cooked Vegetable Ratatouille served with Roast Potatoes

Tofu Red Thai Style Curry served with Steamed Rice

Mixed Vegetable Pizza Slice & Chips

Seasonal Vegetables

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Garden Peas or Baked Beans

Jacket Potato with a Choice of Baked Beans, Tuna Mayo & Mature Cheddar

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Syrup Sponge Cake served with Custard

Raspberry Sponge Cake

Pear Crumble served with Custard

Orange Iced Sponge Cake

Chocolate Brownie

Available daily

Selection of Sandwiches, Baguettes & Wraps, Fresh Fruit Pots, Pasta Shaker Pot, Noodles & a wide Range of Drinks