

WEEKLY

MENU

Fortismere School - Week 1

Monday

Hoi Sin Chicken Style served with Steamed Rice

Stir Fried Mixed Vegetable Chow Mein Style served with Egg Noodles

Seasonal Vegetables

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

Pineapple Upside Down served with Custard

Tuesday

Beef Ragout Pasta Baked served with Garlic Slice

Creamy Tomato & Basil Penne Pasta served with Garlic Slice

Seasonal Vegetables

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

Ginger Traybake with Lemon Drizzle

Wednesday

Traditional Roast Pork served with Roast Potatoes, Apple Sauce & Gravy

Butternut Squash & Mixed Pepper Quiche

Seasonal Vegetables

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

Rhubarb Crumble served with Custard

Thursday

Spicy Cajun Chicken served with Fresh Coriander Rice

Mixed Bean Creole Style served with Coriander Rice

Seasonal Vegetables

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

Iced Mixed Berries Sponge Cake

Friday

Battered Fish & Chunky Chips

Vegetarian Samosa

Garden Peas or Baked Beans

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

Banana Sponge Cake served with Toffee Sauce

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