

WEEKLY

MENU

Fortismere School - Week Three Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Beef Bolognese with Brown Rice Tabbouleh

Indian Inspired Chicken Korma with Coconut, Coriander & Pilaf Rice

Slow Roasted Gammon, Roast Potatoes & Gravy

Authentic Thai Style Red Chicken Curry with Steamed Rice

Fish-and-Chip Shop Style Battered Fish & Chips

Spice Roasted Cauliflower & Peppers with Brown Rice Tabbouleh

Butternut & Chickpea Korma with Coconut, Coriander & Pilaf Rice

Roasted Vegetable Penne with Garlic & Fresh Herbs

Thai Style Red Lentil & Coconut Dhal with Steamed Rice

Smoky Bean, Cheese & Coriander Wrap with Chips

Honey Roasted Swede

Cauliflower and Potato Aloo Gobi

Green Beans or Carrots

Fragrant Seed, Sauteed Cabbage

Peas or Baked Beans

Jacket Spud & Pasta Bar Selection of Fresh Fillings & Sauces

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Hand Made Spicy Apple Crumble with Berry Compote

Hand Crafted Banana & Cinnamon Cake with Vanilla Custard

Pear & Sultana Pie with Nutmeg Anglaise Sauce

British Apple & Nutmeg Sponge with Custard

Classic Hand Made Chocolate Cracknell

Available daily

Selection of Freshly Prepared Sandwiches, Baguettes & Wraps. Fresh Fruit Pots, Pasta Pots & a wide range of Drinks