

WEEKLY

MENU

Fortismere School - Week 3



Monday

Tuesday

Wednesday

Thursday

Friday

Sweet Chilli Pork Bolognese with Brown Rice Tabbouleh

Chicken Korma with Coconut, Coriander & Pilaf Rice

Slow Roasted Gammon, Roast Potatoes & Roast Gravy

Thai Red Chicken Curry with Steamed Rice

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

Red Lentil & Coconut Dhal with Steamed Rice

Sweet Potato & Bean Pattie with Coriander Aioli & Chips

Honey Roasted Swede

Aloo Gobi

Green Beans & Carrots

Fragrant Seed Fried Cabbage

Peas / Baked Beans

Jacket Spud & Pasta Bar Selection of Fillings & Sauces

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Spicy Apple Crumble with Berry Compote

Banana & Cinnamon Cake with Vanilla Custard

Pear & Sultana Pie with Nutmeg Anglaise Sauce

Spotted Dick & Custard

Chocolate Cracknell

Available daily

Selection of Sandwiches, Baguettes & Wraps
Fresh Fruit Pots, Pasta Pots and a wide range of Drinks