



Fig Tree School Lunch Menu for term 1A, Academic Year 2020-2021

Healthy Eating

	Week 1 From 02/11/20	Week 2 From 09/11/20	Week 3 From 16/11/20	Week 4 From 23/11/20	Week 5 From 30/11/20	Week 6 From 07/12/20	Week 7 From 14/12/20
Monday	Chicken Biryani & Yoghurt	Chicken curry and Steamed Rice	Chicken & potato rice and riata	Mutton Mince Pasta & Garlic Bread	Chicken & Veg Noodles & Garlic Bread	BBQ Chicken Wraps & Wedges	Steamed Rice & Daal
Dessert	Ice cream	Yoghurt	Homemade Cookies & Chocolate Milkshake	Freshly made Chocolate Sponge with Chocolate Sauce	Freshly made Chocolate Brownies & Cream	Ice cream	Freshly made Chocolate Brownies & Cream
Tuesday	Pizza & Chips	Pizza and Chips	Pizza and Chips	Pizza and Chips	Pizza and Chips	Pizza and Chips	Pizza and chips
Dessert	Jelly	Fresh Fruit	Cupcakes	Jelly	Custard & Cake	Jelly	Cupcakes
Wednesday	Steamed Rice & Kidney Bean Curry	Jacket Potato, cheese, beans & sweetcorn	Chicken Biryani & Yoghurt	Jacket Potato, cheese, beans & sweetcorn	Chicken Biryani and Yoghurt	Jacket Potato, cheese, beans & sweetcorn	Chicken Biryani & Yoghurt
Dessert	Freshly made Chocolate Flapjack	Jelly	Jelly	Ice cream	Fresh Fruit	Freshly made Chocolate Flapjack	fruit
Thursday	Tomato & Basil Pasta with Garlic Bread	Freshly made Cheese & Onion Flan, mash & beans	Freshly made Chicken Spring Roll & Wedges	Chicken Mince Pastry & Wedges	Freshly made Cheese & Onion Flan, mash & beans	Freshly made Chicken Spring Roll & Chips	Chicken Pasta & Garlic Bread
Dessert	Freshly made Cookies & Chocolate Milkshake	Ice cream	Cake & Custard	Yoghurt	Ice cream	Yoghurt	Freshly made Vanilla Sponge
Friday	Fish Fingers, chips & beans	Fish Fingers, waffles, beans & veg	Fish Fingers, chips & beans	Fish Fingers, hash browns, beans & Veg	Fish Finger, chips & beans	Fish fingers, Yorkshire pudding gravy/beans,	INSET DAY SCHOOL CLOSED
Dessert	Custard & Cake	Freshly made Chocolate Brownies & Cream	Freshly made Iced Vanilla Sponge	Freshly made Chocolate Flapjacks	Freshly made Iced Vanilla Sponge	Freshly made Chocolate Sponge with Chocolate Sauce	

Water and Salad is available with food every day