

Fig Tree School lunch menu for term 1B, Academic Year 2021-2022

Healthy Eating

	Week 1 From 01/11/21	Week 2 From 08/11/21	Week 3 From 15/11/21	Week 4 From 22/11/21	Week 5 From 29/11/21	Week 6 From 06/12/21	Week 7 From 13/12/21
Monday	Chicken mince pasta Garlic bread G/D	Chicken curry with steamed rice G/D	Chicken binyani and yoghurt G/D	Chicken mince pasta garlic bread G/D	Chicken pilau rice and raita G/D	Chicken pasta bake and garlic bread G/D	Keema curry with potatoes and naan G
Dessert	Ice cream D	Cupcake G	Strawberry Jelly and cream D	Ice cream D	Angel delight D	Cupcakes G	Custard and cake G/D
Tuesday	Pizza and Chips G/D	Pizza and Chips G/D	Pizza and Chips G/D	Pizza and Chips G/D	Pizza and Chips G/D	Pizza and Chips G/D	Pizza and chips G/D
Dessert	Custard and cake G/D	Vanilla Ice cream D	Custard and cake G/D	Strawberry Jelly and cream D	Pineapple and cream flan G/D	Fresh Fruit	Cupcakes G
Wednesday	Keema curry with potatoes and naan G	Keema puff pastry roll and wedges G	Chicken wraps and wedges G/D	Chicken panini with wedges G/D	Chicken wraps and wedges G/D	Chicken curry and naan G/D	Roast chicken, mash gravy and Yorkshire puddings G/D
Dessert	Chocolate tray bake cake G/D	Swiss roll G/D	Fresh fruit	Custard and cake G/D	Strawberry Jelly and cream D	Cupcakes G	Angel delight D
Thursday	Chicken nuggets and smiley faces G	Chicken spring rolls And chip G	Kebab burgers and smiley faces G/D	Chicken nuggets and smiley faces G	Chicken spring rolls And chip G	Kebab burgers and smiley faces G	Chicken panini with wedges G/D
Dessert	Milkshake and cookies G/D	Flavoured yoghurt D	Seewiyan D	Chocolate milkshake & cookies G/D	Swiss roll G/D	Chocolate tray bake cake G/D	Chocolate milkshake & cookies G/D
Friday	Fish fingers, chips beans G/F	Fish fingers, mash, beans/veg G/F	Fish fingers, chips and beans G/F	Fish fingers, waffles, veg G/F	Fish finger, chips and beans G/F	Fish fingers, Yorkshire pudding gravy/beans, G/F	Fish fingers, chips, beans G/F
Dessert	Chocolate sponge and chocolate sauce G/D	Chocolate milkshake & cookies G/D	Freshly baked flapjack G/D	Freshly baked flapjack G/D	Freshly baked brownies and cream G/D	Chocolate chip muffins G/D	Mini chocolate doughnuts G/D

Allergens: G: Gluten D: Dairy F: Fish -water is served with food -Salad is served with food everyday

