

# Healthy Eating

## Fig Tree School lunch menu for term 2A, Academic Year 2020-2021

	Week 1 From 04/01/21	Week 2 From 11/01/21	Week 3 From 18/01/21	Week 4 From 25/01/21	Week 5 From 01/02/21	Week 6 From 08/02/21
Monday	<b>INSET DAY</b>	Mutton Mince Pasta & Garlic Bread G/D	Steamed Rice & Daal G	Chicken & Potato Rice & Raita G/D	Mutton Mince Curry & Naan G	Chicken & Veg Noodles & garlic bread G/D
Dessert	<b>SCHOOL CLOSED</b>	Vanilla Ice cream D	Freshly made Chocolate Brownie & Cream G/D	Freshly made Chocolate Chip Muffins G/D	Vanilla Ice cream D	Vanilla Ice cream D
Tuesday	Pizza & 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	Freshly made Chocolate Chip Muffins G/D	Freshly baked Chocolate coated Flapjack G/D	Flavoured Yoghurt D	Freshly made Chocolate Sponge with Chocolate Sauce G/D	Freshly baked Chocolate coated Flapjack G/D	Plain/Iced Cupcakes G
Wednesday	Chicken Biryani & Yoghurt G/D	Jacket Potato, Cheese, Beans & Sweetcorn D	Chicken Biryani & Yoghurt G/D	Jacket Potato, Cheese, Beans & Sweetcorn D	Chicken Biryani & Yoghurt G/D	Jacket Potato, Cheese, Beans & Sweetcorn D
Dessert	Fresh Fruit Chaat	Custard & Cake G/D	Strawberry Jelly	Fresh Fruit Platter	Strawberry Jelly	Flan cake and Cream G/D
Thursday	Chicken Wraps & chips G/D	Freshly made Chicken Spring Rolls & Chips G	Chicken & Veg Pasta with Garlic Bread G/D	Chicken Pastry, Wedges & Beans/Gravy G/D	Tomato & Basil Pasta & Garlic Bread G/D	Chicken Wraps & Wedges G/D
Dessert	Strawberry Jelly	Flavoured Yoghurt D	Vanilla Ice cream D	Vanilla Ice cream D	Cake & Custard G/D	Strawberry Jelly
Friday	Kebab Cobs & Wedges G/D	Fish Fingers, Waffles, Beans & Veg G/F	Fish Fingers, Chips & Beans G/F	Kebab Cobs & Chips G/D	Fish Finger, Chips & Beans G/F	Steamed Rice & Daal G
Dessert	Mini chocolate Doughnuts G/D	Freshly made Chocolate Sponge Cake with Chocolate Sauce G/D	Freshly made Cookies & Chocolate Milkshake G/D	Flan cake and fresh Cream G/D	Freshly made Iced Vanilla Sponge G/D	Freshly made Cookies & Chocolate Milkshake G/D

Allergens: G: Gluten D: Dairy F: Fish \*Salad and Fresh water is served daily