

Healthy Eating

Fig Tree School lunch menu for term 3B, Academic Year 2020-2021

	Week 1 From 7/6/21	Week 2 From 14/06/21	Week 3 From 21/06/21	Week 4 From 26/06/21	Week 5 From 05/07/21	Week 6 From 12/07/21	Week 7 From 19/07/21
Monday	INSET DAY	Chicken Pasta Bake & Garlic Bread G/D	Chicken & Potato Rice & Raita G/D	Chicken Mince Pasta & Garlic Bread G/D	Spaghetti Bolognese & Garlic Bread G/D	Chicken & Veg Noodles & Garlic Bread G/D	Daal & Steamed Rice G
Dessert	SCHOOL CLOSED	Fresh Fruit Platter	Vanilla Ice cream D	Mini Chocolate Doughnuts G/D	Chocolate Chip Muffins G/D	Cupcakes G/D	Vanilla Ice-cream D
Tuesday	Pizza & Chips G/D	Pizza & Chips G/D	Pizza & Chips G/D	Pizza & Chips G/D	Pizza & Chips G/D	Pizza & Chips G/D	EID HOLIDAYS
Dessert	Custard and Cake D	Vanilla ice-cream D	Freshly baked Flapjack G/D	Strawberry Jelly	Freshly baked Brownies & Cream G/D	Freshly baked Brownies & Cream G/D	SCHOOL CLOSED
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	EID HOLIDAYS
Dessert	Strawberry Jelly	Custard & Cake G/D	Strawberry Jelly	Swiss roll G/D	Iced Buns D	Freshly baked Chocolate Flapjack G/D	SCHOOL CLOSED
Thursday	Mutton Mince Pasta Garlic Bread G/D	Vegetable & Potato Rice Raita G/D	Freshly made Chicken Spring Rolls & Chips G	Daal & Steamed Rice G	Tomato & Basil Pasta & Garlic Bread G/D	Chicken & Potato Rice & Raita G/D	Chicken Mince Pasta & Garlic Bread G/D
Dessert	Freshly Baked Chocolate Flapjack G/D	Baked Iced Vanilla Sponge G/D	Flan and Cream D	Freshly baked Cookies & Chocolate Milkshake G/D	Custard & Cake G/D	Fresh Fruit Platter	Freshly made Iced Vanilla Sponge G/D
Friday	Fish Fingers Chips & Beans G / F	Fish Fingers Waffles Beans & Veg G / F	Fish Fingers Chips & Beans G / F	Chicken Curry & Naan G	Fish Finger Chips & Beans G / F	Chicken Wraps & Wedges G/D	Fish Fingers Chips Beans G / F
Dessert	Chocolate Sponge Cake & Chocolate Sauce G/D	Cookies & Chocolate Milkshake G/D	Iced Buns G/D	Vanilla Ice Cream D	Flan and Cream D	Chocolate Chip Muffins D	Mini Chocolate doughnuts G/D

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