

**Fig Tree School lunch menu for term 2A, Academic Year 2022-2023**

**Healthy Eating**

	<b>Week 1 From 02/01/23</b>	<b>Week 2 From 09/01/23</b>	<b>Week 3 From 16/01/23</b>	<b>Week 4 From 23/01/23</b>	<b>Week 5 From 30/01/23</b>	<b>Week 6 From 06/02/23</b>
<b>Monday</b>	<b>School Closed</b>	Chicken Biryani & Yoghurt <b>G/D</b>	Chicken Rice and raita <b>G/D</b>	Tomato & Basil Pasta & Garlic Bread <b>G/D</b>	Chicken Biryani & Yoghurt <b>G/D</b>	Chicken Rice and raita <b>G/D</b>
<b>Dessert</b>		Flavoured Ice Cream <b>D</b>	Cupcake <b>G/D</b>	Chocolate muffin <b>G/D</b>	Flapjack <b>G/D</b>	Vanilla sponge and custard <b>G/D</b>
<b>Tuesday</b>	<b>School Closed</b>	Pizza & Chips <b>G/D</b>	Pizza & Chips <b>G/D</b>	Pizza & Chips <b>G/D</b>	Pizza & Chips <b>G/D</b>	Pizza & Chips <b>G/D</b>
<b>Dessert</b>		Fresh Fruit	Chocolate Milkshake & Cookies <b>G/D</b>	Flavoured Ice Cream <b>D</b>	Swiss Roll <b>G/D</b>	Iced Cupcake <b>G/D</b>
<b>Wednesday</b>	<b>School Closed</b>	Tomato & Basil Pasta & Garlic Bread <b>G/D</b>	Tomato Pasta Bake & Wedges <b>G/D</b>	Chicken spring roll and chips <b>G/D</b>	Homemade chicken kebabs and wedges <b>G/D</b>	Chicken Wrap and wedges <b>G/D</b>
<b>Dessert</b>		Chocolate chip muffins <b>G/D</b>	Pineapple and cream flan <b>G/D</b>	Vanilla sponge and custard <b>G/D</b>	Flavoured Yoghurt <b>D</b>	Chocolate rice crispy bites <b>G/D</b>
<b>Thursday</b>	Chicken Mince Pasta & Garlic Bread <b>G/D</b>	Steam Rice & Daal <b>G/D</b>	Chicken noodles & Garlic Bread <b>G/D</b>	Steam Rice & Daal <b>G/D</b>	Tomato Pasta Bake & Garlic Bread <b>G/D</b>	Steam Rice & Daal <b>G/D</b>
<b>Dessert</b>	Seewiyan <b>G/D</b>	Flavoured Yoghurt <b>D</b>	Swiss Roll <b>G/D</b>	Fresh Fruit	Strawberry Jelly	Angel Delight <b>D</b>
<b>Friday</b>	Fish Fingers, Chips & Beans <b>G/F</b>	Fish Fingers, mash & Beans <b>G/F</b>	Fish Fingers, Chips & Beans <b>G/F</b>	Fish Fingers, waffles & Beans <b>G/F</b>	Fish Fingers, Chips & Beans <b>G/F</b>	Fish Fingers, mash & Beans <b>G/F</b>
<b>Dessert</b>	Jelly	Angel Delight <b>D</b>	Seewiyan <b>G/D</b>	Jelly and Ice Cream <b>G/D</b>	Chocolate Milkshake & Cookies <b>G/D</b>	Seewiyan <b>G/D</b>

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