

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

Healthy Eating

	Week 1 From 20/02/23	Week 2 From 27/02/23	Week 3 From 08/03/23	Week 4 From 13/03/23	Week 5 From 20/03/23	Week 6 From 27/03/23
Monday	Chicken Pasta Bake & Wedges G/D	Chicken Mince Pasta & Garlic Bread G/D	Mutton Mince Pasta & Garlic Bread G/D	Chicken Pasta Bake & Wedges G/D	Chicken Mince Pasta & Garlic Bread G/D	Mutton Mince Pasta bake & Garlic Bread G/D
Dessert	Swiss Roll G/D	Vanilla sponge and custard G/D	Iced Cupcake G/D	Chocolate muffin G/D	Flapjack G/D	Vanilla sponge and custard G/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
Dessert	Flavoured Ice Cream D	Flavoured Ice Cream D	Flavoured Ice Cream D	Flavoured Ice Cream D	Flavoured Ice Cream D	Flavoured Ice Cream D
Wednesday	Chicken Biryani & Yoghurt G/D	Chicken Rice and raita G/D	Steam Rice & Daal G/D	Chicken Biryani & Yoghurt G/D	Chicken Rice and raita G/D	Chicken curry and rice G/D
Dessert	Angel Delight D	Chocolate chip muffins G/D	Pineapple and cream flan G/D	Vanilla sponge and custard G/D	Flavoured Yoghurt D	Chocolate rice crispy bites G/D
Thursday	Chicken kebab burgers and wedges G/D	Chicken spring roll and chips G/D	Chicken Wrap and wedges G/D	Chicken spring roll and wedges G/D	Chicken kebab burgers and wedges G/D	Chicken Wrap and wedges G/D
Dessert	Seewiyan G/D	Flavoured Yoghurt D	Swiss Roll G/D	Fresh Fruit	Strawberry Jelly	Angel Delight D
Friday	Fish Fingers, Chips & Beans G/F	Fish Fingers, mash & Beans G/F	Fish Fingers, Chips & Beans G/F	Fish Fingers, waffles & Beans G/F	Fish Fingers, Chips & Beans G/F	Inset day School Closed
Dessert	Jelly	Angel Delight D	Seewiyan G/D	Jelly and Ice Cream G/D	Chocolate Milkshake & Cookies G/D	

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

Salad is served with food everyday