

Fig Tree School lunch menu for term 3A, Academic Year 2022-2023

Healthy Eating

	Week 1 From 17/04/23	Week 2 From 24/04/23	Week 3 From 01/05/23	Week 4 From 08/05/23	Week 5 From 15/05/23	Week 6 From 22/05/23
Monday	Chicken Pasta Bake & Wedges G/D	Chicken Mince Pasta & Garlic Bread G/D	May Day Bank Holiday	Bank Holiday	Tomato Pasta Bake & Wedges G/D	Mutton Mince Pasta bake & Garlic Bread G/D
Dessert	Swiss Roll G/D	Vanilla sponge and custard G/D	School Closed	School Closed	Chocolate muffin 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	Veg Rice and raita G/D	Chicken curry & Steamed Rice G/D	Chicken Biryani & Yoghurt G/D	Chicken Rice and raita G/D	Steamed rice and Lentils 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	Eid Holiday	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	School Closed	Flavoured Yoghurt D	Swiss Roll G/D	Fresh Fruit	Strawberry Jelly	Angel Delight D
Friday	Eid Holiday	Fish Fingers, mash & Beans G/F	Fish Fingers, Chips & Beans G/F	Fish Fingers, waffles & Beans G/F	Fish Fingers, Chips & Beans G/F	Fish Fingers, mash & Beans G/F
Dessert	School Closed	Angel Delight D	Seewiyan G/D	Jelly and Ice Cream G/D	Chocolate Milkshake & Cookies G/D	Angel Delight D

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