

Fig Tree School lunch menu for term 1A, Academic Year 2023-2024

Healthy Eating

	Week 1 From 04/09/23	Week 2 From 11/09/23	Week 3 From 18/09/23	Week 4 From 25/09/23	Week 5 From 02/10/23	Week 6 From 09/10/23	Week 7 From 16/10/23
Monday	Inset day	Chicken Mince Pasta & Garlic Bread G/D	Tomato Pasta Bake & Wedges G/D	Mutton Mince Pasta bake & Garlic Bread G/D	Tomato Pasta Bake & Wedges G/D	Mutton Mince Pasta bake & Garlic Bread G/D	Chicken Pasta Bake & Wedges G/D
Dessert	School Closed	Vanilla sponge and custard G/D	Chocolate cake and custard G/D	Flavoured Yoghurt D	Chocolate muffin G/D	Vanilla sponge and custard G/D	Swiss Roll G/D
Tuesday	Inset day	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	School Closed	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	Chicken Biryani & Yoghurt 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	Angel Delight D
Thursday	Chicken spring roll and chips G/D	Chicken Wrap and wedges G/D	Chicken kebab burgers and wedges G/D	Chicken spring roll and chips G/D	Chicken Wrap and wedges G/D	Chicken kebab burgers and wedges G/D	Chicken spring roll and wedges G/D
Dessert	Fresh Fruit	Flavoured Yoghurt D	Swiss Roll G/D	Fresh Fruit	Strawberry Jelly	Angel Delight D	Fresh Fruit
Friday	Fish Fingers, mash & Beans G/F	Fish Fingers, Chips & Beans G/F	Fish Fingers, waffles & Beans G/F	Fish Fingers, mash & Beans G/F	Fish Fingers, Chips & Beans G/F	Fish Fingers, waffles & Beans G/F	Fish Fingers, mash & Beans G/F
Dessert	Vanilla sponge and custard G/D	Angel Delight D	Seewiyan G/D	Vanilla sponge and custard G/D	Chocolate Milkshake & Cookies G/D	Seewiyan G/D	Vanilla sponge and custard G/D

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

Salad is served with food everyday