

Furness Academy Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Carrot and Coriander	Mushroom	Leek and Potato	Spicy Butternut Squash	Minestrone
Special of the Day	Brioche Burgers Beef Burgers served in a brioche bun with a fresh side salad	Chicken Tikka Masala Chicken Tikka Masala curry served with naan bread and poppadums	Mince Beef Yorkies Ground mince beef served in a Yorkshire pudding with seasonal veg	Roast of the Day Roast Chicken served with all the Sunday roast trimmings	Classic Fish and Chips Breaded Cod, served with chips and mushy peas
Main Courses	<ul style="list-style-type: none"> • Chicken and Leek Pasta Bake • Pepper Pizza 	<ul style="list-style-type: none"> • Meat and Potato Pie • Beans on toast 	<ul style="list-style-type: none"> • Chicken Hotpot • Cheese and Tomato Pizza 	<ul style="list-style-type: none"> • Chicken Casserole and Herby Dumpling • Spicy Pizza 	<ul style="list-style-type: none"> • Sweet and Sour Chicken • Sausage Roll
Vegetarian Option	Vegetable Chow Mein	Mushroom Stroganoff	Cheese and Tomato Quiche	Toad in the Hole with Vegetarian Sausage	Cheese and Onion pie
Specials	Chicken Joe	Furness Pasta	Chinese Noodles		
Sides	<ul style="list-style-type: none"> • Salad Bar • Baby boiled potatoes • Jacket Potatoes • Seasonal Veg • Baked Beans • Coleslaw 	<ul style="list-style-type: none"> • Salad Bar • Creamed Potatoes • Jacket Potatoes • Rice • Seasonal Veg • Baked Beans • Coleslaw 	<ul style="list-style-type: none"> • Salad Bar • Parsley Potatoes • Jacket Potatoes • Seasonal Veg • Baked Beans • Coleslaw 	<ul style="list-style-type: none"> • Salad Bar • Roast Potatoes • Creamed Potatoes • Jacket Potatoes • Seasonal Veg • Baked Beans • Coleslaw 	<ul style="list-style-type: none"> • Salad Bar • Chips • Rice • Jacket Potatoes • Seasonal Veg • Baked Beans • Coleslaw
Special Dessert of the Day	Sticky Toffee Pudding and Custard	Ginger Sponge and Custard	Pineapple Upside Down Cake and Custard	Lemon Sponge and Custard	Marmalade Bread and Butter Pudding
Desserts	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes 	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes 	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes 	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes 	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes

Fresh sandwiches, baguettes, wraps and paninis also available every day

Furness Academy Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil and Bacon	Moroccan Chickpea	Noodle Soup	Spiced Root Vegetable	Vegetable Broth
Special of the Day	Cumberland Sausage Curl Cumberland Sausage served with seasonal veg and onion gravy	Beef Casserole Slow cooked chunky Beef Casserole served with potatoes and seasonal veg	Classic Meat and Potato Pie Meat and Potato pie served with peas, beetroot and onions	Roast of the Day Roast Pork/Gammon served with all the Sunday roast trimmings	Classic Fish and Chips Breaded cod, served with chips and mushy peas
Main Courses	<ul style="list-style-type: none"> • Meatballs • Pizza 	<ul style="list-style-type: none"> • Hunter Chicken • Beans on toast 	<ul style="list-style-type: none"> • Chicken Burger • Pizza 	<ul style="list-style-type: none"> • Chicken Rogan Josh • Pizza 	<ul style="list-style-type: none"> • Beef in Black Bean sauce • Cheese Pasty
Vegetarian Option	Lentil and Mushroom Crumble	Roasted Vegetable Lasagne	Vegetarian Omelette	Vegetable Enchiladas	Vegetable Jalfrezi
Specials	Chicken Joe	Furness Pasta	Chinese Noodles		
Sides	<ul style="list-style-type: none"> • Salad Bar • Pasta Shapes • Boiled Rice • Jacket Potatoes • Seasonal Veg • Baked Beans • Coleslaw 	<ul style="list-style-type: none"> • Salad Bar • Creamed Potatoes • Jacket Potatoes • Rice • Seasonal Veg • Baked Beans • Coleslaw 	<ul style="list-style-type: none"> • Salad Bar • Potato Wedges • Jacket Potatoes • Seasonal Veg • Baked Beans • Coleslaw 	<ul style="list-style-type: none"> • Salad Bar • Roast Potatoes • Creamed Potatoes • Jacket Potatoes • Seasonal Veg • Baked Beans • Coleslaw 	<ul style="list-style-type: none"> • Salad Bar • Chips • Rice • Jacket Potatoes • Seasonal Veg • Baked Beans • Coleslaw
Special Dessert of the Day	Baked Rice Pudding	Chocolate Sponge and Custard	Gingerbread and Custard	Apple and Blackberry crumble with Custard	Jam Sponge and Custard
Desserts	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes 	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes 	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes 	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes 	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes

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Furness Academy Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Cauliflower and Broccoli	Lentil and Carrot	Sweet Potato	Spicy Bean	French Onion
Special of the Day	Chicken Supreme Chicken in a white cream sauce served with rice	Classic Lasagne Beef Lasagne with garlic bread served with a fresh side salad	Shepherd's Pie Classic Mince and Potato dish served with seasonal veg	Roast of the Day Roast Turkey and stuffing served with all the Sunday roast trimmings	Classic Fish and Chips Breaded Cod, served with chips and mushy peas
Main Courses	<ul style="list-style-type: none"> • Pasta Bolognese 	<ul style="list-style-type: none"> • Chicken and Mushroom Pie • Beans on toast 	<ul style="list-style-type: none"> • Chicken Tikka Balti • Pizza 	<ul style="list-style-type: none"> • Salmon Quiche • Pizza 	<ul style="list-style-type: none"> • Chicken Curry • Sausage Roll
Vegetarian Option	Sweet Potato and Lentil Korma	Vegetable Chilli Basket	Spicy Bean Burger in Brioche Bun	Vegetable Pasta Bake	Stuffed Jacket Potato
Specials	Chicken Joe	Furness Pasta	Chinese Noodles		
Sides	<ul style="list-style-type: none"> • Salad Bar • Pasta Shapes • Rice • Jacket Potatoes • Creamed Potatoes • Seasonal Veg • Baked Beans • Coleslaw 	<ul style="list-style-type: none"> • Salad Bar • New Potatoes • Jacket Potatoes • Rice • Seasonal Veg • Baked Beans • Coleslaw 	<ul style="list-style-type: none"> • Salad Bar • Potato Wedges • Jacket Potatoes • Rice • Seasonal Veg • Baked Beans • Coleslaw 	<ul style="list-style-type: none"> • Salad Bar • Roast Potatoes • Creamed Potatoes • Jacket Potatoes • Seasonal Veg • Baked Beans • Coleslaw gravy 	<ul style="list-style-type: none"> • Salad Bar • Chips • Rice • Jacket Potatoes • Seasonal Veg • Baked Beans • Coleslaw
Special Dessert of the Day	Fruit Crumble and Custard	Orange Sponge and Custard	Baked Rice Pudding	Fruit Pie and Custard	Fruit Salad and Ice Cream
Desserts	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes 	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes 	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes 	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes 	<ul style="list-style-type: none"> • Selection of Fruit • Fruit Yogurts • Tray Bakes

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Furness Academy Menu - Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chunky Chicken	Chickpea and Parsley	Carrot and Ginger	Tomato and Lentil	Vegetable
Special of the Day	Carne Basket Chilli con Carne served in a tortilla basket with rice and salad	Spanish Meatballs Beef and Pork meatballs in a tomato and basil sauce served with pasta	All Day Breakfast Bacon chop, egg and tomato served with hash browns	Roast of the Day Roast Beef and stuffing served with all the Sunday roast trimmings	Classic Fish and Chips Breaded Cod, served with chips and mushy peas
Main Courses	<ul style="list-style-type: none"> Toad in the Hole Pizza 	<ul style="list-style-type: none"> Fisherman's Pie Beans on Toast 	<ul style="list-style-type: none"> Lamb Kofta Skewer Pizza 	<ul style="list-style-type: none"> Meatloaf Pizza 	<ul style="list-style-type: none"> Beef Chow Mein Sausage Roll
Vegetarian Option	Lentil and Vegetable Pie	Tomato and Vegetable Pasta Bake	Crispy Cauliflower Cheese	Spicy Vegetable Tortilla Wrap	Vegetable Stir Fry
Specials	Chicken Joe	Furness Pasta	Chinese Noodles		
Sides	<ul style="list-style-type: none"> Salad Bar Pasta Shapes Jacket Potatoes Creamed Potatoes Seasonal Veg Baked Beans Coleslaw 	<ul style="list-style-type: none"> Salad Bar New Potatoes Jacket Potatoes Rice Seasonal Veg Baked Beans Coleslaw 	<ul style="list-style-type: none"> Salad Bar Potato Wedges Jacket Potatoes Pasta Seasonal Veg Baked Beans Coleslaw 	<ul style="list-style-type: none"> Salad Bar Roast Potatoes Creamed Potatoes Jacket Potatoes Seasonal Veg Baked Beans Coleslaw gravy 	<ul style="list-style-type: none"> Salad Bar Chips Rice Jacket Potatoes Seasonal Veg Baked Beans Coleslaw
Special Dessert of the Day	Tiramisu Sponge and Custard	Fruit Crumble and Custard	Gingerbread and Custard	Apple Pie with Custard	Fruit Jelly and Cream
Desserts	<ul style="list-style-type: none"> Selection of Fruit Fruit Yogurts Tray Bakes 	<ul style="list-style-type: none"> Selection of Fruit Fruit Yogurts Tray Bakes 	<ul style="list-style-type: none"> Selection of Fruit Fruit Yogurts Tray Bakes 	<ul style="list-style-type: none"> Selection of Fruit Fruit Yogurts Tray Bakes 	<ul style="list-style-type: none"> Selection of Fruit Fruit Yogurts Tray Bakes

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