

WEEKLY

MENU

The John Fisher School Week 3



Monday

BBQ Chicken & Cheese Flatbread

Jambalaya with Chicken & Sausage

Creamy Penne Pasta with Basil, Mushroom, Spinach & Garlic (V)

Jerk Seasoned Chicken Burrito

Cheeseburger Muffin

Tuesday

Sweet & Sour Chicken with Rice

Fajita Spiced Drumstick & Rice

Thai Style Green Vegetable Curry with Fragrant Rice (V)

Fajita Seasoned Chicken Wrap

Garlic Ciabatta with Ham & Mozzarella

Wednesday

Creamy Chicken, Sweetcorn & Pepper Pasta

Chilli Beef Nachos with Cheese & Tortillas

Mixed Bean & Vegetable Salsa Nachos

Cajun Chicken Burger & Slaw

Homemade Sausage Roll in Puff Pastry

Thursday

Beef Penne and Cheese Pasta Bake

Jerk Chicken Leg with Rice

Roasted Vegetable Lasagne Al Forno (V)

Cheese & Bacon Muffin

Sausage in a Roll

Friday

Breaded / Battered Fish Fillet & Chips

Breaded Fish Fingers & Chips

Vegan Sausage Roll & Wedges

Tuna, Pepper & Sweetcorn Penne Pasta Pot

Stir Fry Vegetable Egg Noodles

Available daily

Sandwiches, Salads & Pasta Pots.