



# Sir Thomas Fremantle School

## Lunch Menu – week 3

### *Monday:*

**Meatballs/falafel pasta & peas or kofta balls  
with pitta bread & couscous**

### *Tuesday:*

**Chicken goujons/veggie nuggets (or cheese &  
onion quiche) with new potatoes & veg**

### *Wednesday:*

**Cottage pie/Quorn pie  
with vegetables**

### *Thursday:*

**Roast chicken/Quorn sausages  
with roast potatoes, vegetables & gravy**

### *Friday:*

**Fish cakes/breaded cod or vegeburger  
with chips & beans or sweetcorn/peas**

***Available daily: salad bar, jacket potatoes with  
beans, cheese or tuna mayo fillings.***