



# **Sir Thomas Fremantle School**

## **Lunch Menu – week 3**

### ***Monday:***

**Chicken goujons / veggie nuggets  
with diced potatoes & veg**

### ***Tuesday:***

**Roast pork / veggie fingers  
with roast potatoes, mixed veg & gravy**

### ***Wednesday:***

**Filled wraps / quiche & wedges  
with mixed salad / vegetables**

### ***Thursday:***

**Fish fingers/salmon burger or stuffed peppers  
with chips, vegetables & mixed salad**

### ***Friday:***

**Beef burgers or vegebουργers  
with mixed salad**

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