



# **Sir Thomas Fremantle School**

## **Lunch Menu – week 2**

### ***Monday:***

**Kofta balls / meat-free koftas & pitta bread  
with couscous & mixed salad**

### ***Tuesday:***

**Macaroni cheese / pasta choice & garlic bread  
with peas or mixed salad**

### ***Wednesday:***

**Chicken or vegetable curry & rice  
with naan bread & sweetcorn**

### ***Thursday:***

**Fish & chips with peas/beans or  
stuffed peppers & mixed salad**

### ***Friday:***

**Beef or vegetable chilli  
with rice & sweetcorn / mixed salad**

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