

The Fusion Academy Lunch Menu

After the summer break, there will be a 3 Week Lunch Menu.

When we return to school on Tuesday 29th August 2023, we will begin on Week 1 of the Lunch Menu.

Following on from any school holiday, we revert back to Week 1 of the Lunch Menu when pupils return back to school.

Daily:

Jacket potatoes with a choice of fillings: Cheese, Beans, Tuna Mayo

Freshly made sandwiches and daily baked baguettes with a choice of fillings (side salad optional): Ham, Cheese, Tuna Mayo

Toasted Sandwiches or Paninis with a choice of fillings (side salad optional): Tuna melt, Ham, Cheese, Beans

Salad boxes (to order): Ham, Cheese, Tuna, Chicken, Tuna and Sweetcorn pasta

Small healthy snacks, fruit and cheese & crackers daily.

Week 1:

Monday: Pepperoni pizza, homemade herby wedges and beans or Margherita pizza, homemade herby wedges and beans

Pancake and mixed fruit

Tuesday: Breakfast brunch or Vegetarian

Flapjack

Wednesday: Chicken pie, mashed potato with mixed veg and gravy or Vegetarian cottage pie with mixed veg and gravy

Carrot cake

Thursday: Chicken korma with 50/50 rice and mini naan bread or Cheese, potato and onion pie with beans
Jelly and ice cream

Friday: Fish fingers with oven baked chips and peas or Vegetable fingers with oven baked chips and peas
Madeira cake

Week 2:

Monday: Roast gammon, roast potatoes with cabbage, carrots and gravy or Vegetarian sausage in gravy with cabbage and carrots
Lemon sponge cake

Tuesday:

Pork meatballs in a homemade ragu sauce with spaghetti and garlic bread or Vegetarian meatballs in a homemade ragu sauce with spaghetti and garlic bread
Blueberry muffin

Wednesday:

Roast chicken, roast potatoes with peas, carrots and gravy or Quorn roast, roast potatoes with peas, carrots and gravy
Blackcurrant crumble slice

Thursday: Lasagne with seasonal veg and ciabatta roll or Vegetable lasagne with seasonal veg and ciabatta roll.
Chocolate cornflake cake

Friday: Crispy battered fish portion with oven baked chips and mushy peas or Vegetable burger with oven baked chips and peas
Shortbread

Week 3:

Monday: Salmon fishcake, new potatoes with peas and sweetcorn or Vegetable fingers, new potatoes with peas and sweetcorn
Apple shortcake

Tuesday: Sweet and sour chicken, 50/50 rice and vegetable spring roll or Savoury cheese slice, diced potatoes and beans
Banana cake

Wednesday: Spaghetti bolognese with garlic bread or Macaroni cheese and garlic bread
Fruit mousse

Thursday: Build your own wrap - BBQ chicken or Quorn strippers with choice of veggies, salad and cheese on a soft tortilla wrap with wedges
Fruit sorbet

Friday: Chicken nuggets, oven baked chips and beans or Quorn nuggets, oven baked chips and beans
Oat and raisin cookie