

WEEKLY

MENU

Hackney New School Week 3



Monday

Tuesday

Wednesday

Thursday

Friday

Jerk Chicken with Saffron Rice

Sausage and Mash with
Onion Gravy

Beef Stroganoff with Rice

Tandoori Chicken with
Turmeric Rice

Battered Fish with Chips

Spaghetti Mushroom
Carbonara

Spicy Vegetable Rice

Sweet and Sour Vegetables
with Egg Noodles

Potato and Vegetable Korma

Roasted Vegetables with
Cous Cous

Mixed Salad

Mixed Salad

Mixed Salad

Mixed Salad

Mixed Salad

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Seasonal Vegetables

Vanilla Sponge and Custard

Flapjack

Jelly

Lemon Sponge and Custard

Ice Cream

Fruit Yogurt

Fruit Yoghurt

Fruit Yogurt

Fruit Yogurt

Fruit Yoghurt

Fruit

Fruit

Fruit

Fruit

Fruit

Available daily