

FFL THREE WEEK MENU

THREE WEEK MENU AUTUMN/WINTER 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 31/10/22 21/11, 12/12, 09/01, 30/01, 27/02, 20/03/23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Macaroni Cheese	Chicken Pie	Roast Turkey	Beef Bolognese	Breaded Fish
	Served with Peas and Carrots	Served with Mashed Potato and Gravy	Served with Roast Potatoes and Gravy	Served with Wholemeal Pasta, Broccoli and Sweetcorn	Served with Chips, Peas and Beans
Alternative Dish	Vegetarian Sausage	Cheese and Tomato Pizza	Vegan Sausage Casserole	Vegetarian Bolognese	Quorn Dippers
	Served with Mashed Potato and Gravy	Served with Sweetcorn and Salad	Served with Carrots and Cabbage	Served with Wholemeal Pasta, Broccoli and Sweetcorn	Served with Chips, Peas and Beans
Third Choice	-	Jacket Potato with Salmon Mayonnaise	-	-	-
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings
Pasta	Tomato Pasta Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Carrots and Peas	Green Beans and Fresh Salad	Carrots and Cabbage	Fresh Broccoli and Sweetcorn	Peas and Beans
Dessert	Vanilla Ice Cream	Hot Chocolate Sponge with Chocolate Custard	Oat Cookie with Fruit Slices	Apple Crumble with Custard	Ice Cream Milkshake with Shortbread

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

WEEK 2 MENU

W/C: x07/11/22 28/11, 19/12, 16/01, 06/02, 06/03, 27/03/23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza 🌿 V
Served with Carrot and Cucumber Sticks

Chicken Noodle Stir Fry
Served with Two Vegetables

Roast Gammon
Served with Yorkshire Pudding, Mashed Potato and Gravy

Keralan Chicken Curry 🍷 V
Served with Wholemeal Rice, Sweetcorn and Green Beans

Breaded Fish
Served with Chips, Peas and Beans

Alternative Dish

Mixed Bean Pasta 🌿 🍷 V
Served with Tomato Pizza Bread

Sweet Chilli Vegetable Noodles 🍷 V
Served with Peas and Broccoli

Vegetable Pie V
Served with Mashed Potato and Gravy

Cauliflower and Sweet Potato Masala 🍷 V 🌿
Served with Wholemeal Rice, Sweetcorn and Green Beans

Quorn Dippers V
Served with Chips, Peas and Beans

Salads

Freshly Prepared Salads
Available every day

Jacket Potato

Jacket Potato 🍷 V V
With a choice of fillings

Jacket Potato 🍷 V
With a choice of fillings

Jacket Potato 🍷 V
With a choice of fillings

Jacket Potato 🍷 V
With a choice of fillings

Jacket Potato 🍷 V
With a choice of fillings

Pasta

Tomato Pasta 🍷 🌿 V
Wholemeal Pasta with homemade Tomato Sauce
Available every day

Vegetables

Carrot and Cucumber sticks

Peas and Broccoli

Carrots and Cabbage

Sweetcorn and Green Beans

Peas and Beans

Dessert

Jam Sponge

Orange Shortbread and fruit slices

Chocolate Ice Cream

Apple and Berry Crumble served with Custard 🍏 🍷

Strawberry Milkshake served with Fresh Fruit

AUTUMN/WINTER 2022

PACKED LUNCH – AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

V Vegetarian 🐟 Oily fish 🌿 Wholegrain 🍏 Fruity! 🍷 Nutritionist's choice

WEEK 3 MENU

W/C: 14/11/22 05/12, 02/01, 23/01, 20/02, 13/03/23



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Pesto Pasta Bake Served with Peas and Carrots	Sweet and Sour Chicken Served with Wholemeal Rice	Roast Chicken Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholemeal Pasta, Sweetcorn and Green Beans	Breaded Fish Served with Chips, Peas and Beans
Alternative Dish	Vegetable Chilli Served with Wholemeal Rice	Vegetable Chow Mein Served with Broccoli and Sweetcorn	Vegetable Pastry Roll Served with Roast Potatoes and Tasty Gravy	Vegetarian Cottage Pie Served with Sweetcorn, Green Beans and Gravy	Vegan Meatballs in Tomato Sauce Served with Chips, Peas and Beans
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings
Pasta	Tomato Pasta Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Peas and Carrots	Broccoli and Green Beans	Carrots and Cabbage	Sweetcorn and Green Beans	Peas and Beans
Dessert	Strawberry Ice Cream	Fruit Flapjack	Fruit Jelly and Custard	Chocolate Slice	Chocolate Milkshake served with Chocolate Biscuit

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

Vegetarian **Oily fish** **Wholegrain** **Fruity!** **Nutritionist's choice**