

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, 21/10, 12/12, 02/01, 23/01, 13/02, 06/03, 03/04 H



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, carrots and Beans
Alternative Dish	Vegetarian Sausage	Cheese and Tomato Pizza	Vegan Sausage Casserole	Chinese Vegetable Rice	Quorn Dippers
	Served with Mashed Potato and Gravy	Served with Potato Wedges	Served with Carrots and Cabbage		Served with Chips, Peas, Carrots 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 Available every day				
Vegetables	Carrots and Peas	Sweetcorn and Green Beans	Carrots and Cabbage	Fresh Broccoli and Sweetcorn	Peas, Carrots and Beans
Dessert	Vanilla Ice Cream with Fruit Slices	Hot Chocolate Sponge with Chocolate Custard and Fruit Slices	Oat Cookie with Fruit Slices	Apple Crumble with Custard	Ice Cream Milkshake with Shortbread and Fruit Slices

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, FRESH FRUIT AND FRUIT JUICE

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

WEEK 2 MENU

W/C: 07/11, 28/11, 19/12 H, 09/01, 30/01, 20/02, 13/03,



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Cheese and Tomato Pizza 🍷🌱 Served with Potato Wedges	Chicken Noodle Stir Fry Served with Sweetcorn and Broccoli	Roast Gammon Served with Yorkshire Pudding, Mashed Potato and Gravy	Keralan Chicken Curry 🍷🌱 Served with Wholemeal Rice, Sweetcorn and Green Beans	Breaded Fish Served with Chips, Peas, Carrots and Beans
Alternative Dish	Mixed Bean Pasta 🍷🌱 Served with Tomato Pizza Bread	Vegetable Lasagne 🌱 Served with Sweetcorn and Broccoli	Vegetable Pie 🌱 Served with Mashed Potato and Gravy	Cauliflower and Sweet Potato Masala 🍷🌱 Served with Wholemeal Rice, Sweetcorn and Green Beans	Quorn Dippers 🌱 Served with Chips, Peas, Carrots 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	Carrots and Peas	Sweetcorn and Broccoli	Carrots and Cabbage	Sweetcorn and Green Beans	Peas, Carrots and Beans
Dessert	Jam Sponge with Fruit Slices 🍏	Banana and Apricot Flapjack served with Fresh Fruit 🍏🍷	Chocolate Ice Cream with Fruit Slices 🍏	Apple and Berry Crumble served with Custard 🍏🍷	Strawberry Milkshake served with Fresh Fruit 🍏

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, FRESH FRUIT AND FRUIT JUICE

🌱 **Vegetarian** 🐟 **Oily fish** 🌾 **Wholegrain** 🍏 **Fruity!** 🍷 **Nutritionist's choice**

WEEK 3 MENU

W/C: 14/11, 05/12, 26/12 H, 16/01, 06/02, 27/02, 20/03, 27/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Cheese and Tomato Pizza Served with Potato Wedges	Sweet and Sour Chicken Served with Wholemeal Rice	Roast Pork Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholemeal Pasta, Sweetcorn and Green Beans	Southern Fried Chicken Served with Chips, Peas, Carrots 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, Carrots 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 Sweetcorn	Carrots and Cabbage	Sweetcorn and Green Beans	Peas, Carrots and Beans
Dessert	Strawberry Ice Cream and Fruit Slices	Fruit Flapjack	Fruit Jelly and Custard with Fruit Slices	Orange, Sultana and Carrot Slice	Chocolate Milkshake served with Chocolate Biscuit And Fruit Slices

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DESSERT OF THE DAY

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