FFL Autumn Winter 2019 Menu Week 1

28/10 - 18/11 - 09/12 - 06/01 - 27/01 - 17/02 - 09/03 - 30/03

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---|--|---|--|--|
| Hot Main Dish | Mac 'N' Cheese Pasta spirals in a tasty cheesy sauce | Chinese Chicken Noodles A classic Chinese chicken noodle dish packed with flavour | Roast Chicken with Roast Potatoes and Gravy Traditional Roast dinner with Roast Chicken | Beef Burger with potato Wedges A juicy beef burger in a soft bun | Fish Fingers *** and Chips A classic fish finger lunch |
| Alternative Dish | Mexican Bean and Potato Wrap with a Rice side** Tortilla wrap stuffed with fajita seasoned beans and cubed potato in a cheesy tomato sauce | Cheese and Tomato Pizza ** <i>with</i> <i>Potato Wedges</i> Simple but classic! | Quorn Roast with Roast Potatoes and Gravy Traditional vegetarian roast with Quorn | Veggie Pizza Hot Dog with Potato Wedges Two of the favourites combineda veggie hot dog covered in a Pizza sauce and melted cheese | Cheese and Sweetcorn Omelette with Chips A baked vegetarian omelette |
| Daily Choice | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. |
| Vegetables | Broccoli and Cauliflower Medley Green Beans | Peas Carrots | Carrots Cabbage | Sweetcorn Mediterranean Vegetables | Baked Beans Peas |
| Desserts | Chocolate Slice * | Orange Drizzle Cake | Shortbread Biscuit | Banana and Berry Cobbler * with Custard | Peach and Chocolate Sponge |
| Salad I | oar, Cool Water, | | shly Baked Bread d **Wholegrain | l and Yoghurt av | ailable daily |

FFL Autumn Winter 2019 Menu Week 2

04/11 - 25/11 - 16/12 - 13/01 - 03/02 - 24/02 - 16/03 - 06/04

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|--|---|---|--|
| Hot Main Dish | Baked Bean and Cheese Wrap with Potato Wedges A twist on the classic with baked beans and cheese | Chinse Chicken with a Rice side ** Zingy Chinese Lemon & Ginger Chicken | Roast Turkey with Roast Potatoes and Gravy Traditional Roast dinner with Roast Turkey | BBQ Beef Meatballs Delicious Texan inspired BBQ beef meatballs in a tomato sauce with pasta spirals** | Fish Fingers <i>and Chips</i> A classic fish finger lunch |
| Alternative Dish | Cheese and Tomato Pizza ** with Potato Wedges Simple but classic! | Quorn Bolognese ** A classic Quorn Italian Bolognese | Sweet Potato and Chickpea Roast with Roast Potatoes with Gravy Vegetarian Roast with a Sweet Potato and Chickpea roast slice | Quorn Balls In Tomato Sauce with Pasta Tasty Quorn balls in a tomato sauce with pasta spirals | Caramelised Red Onion and Mozzarella Tart <i>with Chips</i> Delicious light vegetarian tart |
| Daily Choice | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. |
| Vegetable s | Sweetcorn Broccoli | Peas Roasted Peppers and Sweetcorn | Roast Parsnip Carrots | Green Beans Broccoli and Cauliflower | Baked Beans Peas |
| Desserts | Mango Frozen Yoghurt | Plum and Apple Shortcake Crumble* with Custard | Flapjack with Fruit Slices * | Chocolate Cake | Raspberry Yoghurt Cake |

*Fruit Based **Wholegrain

FFL Autumn Winter 2019 Menu Week 3

11/11 - 02/12 - 23/12 - 20/01 - 10/02 - 02/03 - 23/03

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---|--|---|--|--|
| Hot Main Dish | Cheese and Tomato Pizza ** <i>with Potato</i> <i>Wedges</i> Simple but classic! | Sausages with Mashed Potato and Gravy Simple but | Roast Turkey with Roast Potatoes and Gravy Traditional Roast dinner | Beef Bolognese ** A classic Italian beef Bolognese | Crispy Fish & Chips with Chips Traditional fish and chips dinner |
| Alternative Dish | BBQ Quorn Burger with Potato Wedges Quorn burger served in a bun with lettuce, tomato slice and BBQ sauce | Vegetarian Sausages with Mashed Potato and Gravy A classic Quorn sausage and mash | Country Vegetable Pie Roast Potatoes and Gravy Leek, broccoli, chickpea and carrot in a creamy sauce topped with shortcrust pastry | Vegetable Lasagne with a Garlic & Herb Bread Wedge ** Italian layered pasta dish made with mixed vegetables | Tomato and Quorn Wrap with Chips A filled soft tortilla wrap folded into the shape of a cone |
| Daily Choice | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. | Jacket Potato with a choice of fillings. Jacket potatoes available daily with a choice of fillings. |
| Vegetables | Carrots Peas | Roasted Peppers and Sweetcorn Green Beans | Cabbage Carrot and Swede Mash | Broccoli Mediterranean Vegetables | Peas Baked Beans |
| Desserts | Creamy Baked Orange and Vanilla Rice Pudding | Oatie Biscuit with Fruit Slices * | Strawberry Frozen Yoghurt | Chocolate and Raspberry Swirl Cake with Custard | Raspberry Ripple Cake |

*Fruit Based **Wholegrain