

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 <i>Pasta spirals in a tasty cheesy sauce</i>	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** <i>Tortilla wrap stuffed with fajita seasoned beans and cubed potato in a cheesy tomato sauce</i>	Cheese and Tomato Pizza ** with Potato Wedges 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 combined...a 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 * <i>with Custard</i>	Peach and Chocolate Sponge

Salad bar, Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain



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

Salad bar, Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain



