

FFL Autumn Winter 2020 Menu Week 1

21/09 – 12/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** With Dough Balls (V) Cheesy Tomato Topped Pizza Slice	Chicken Burger With Potato Wedges Roast chicken served in a soft bun with lettuce and mayo	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Pasta Bolognese ** A classic Italian beef Bolognese in a yummy tomato sauce	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Burrito (V) A soft wrap filled with lightly spiced veggies and rice	Baked Macaroni (V) Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Quorn Roast with Roast Potatoes and Gravy (V) Our favourite veggie hotdog served with ketchup in a soft sub roll	Hotdog with Potato Wedges (V) Our favourite veggie hotdog served with ketchup in a soft sub roll	Quorn Nuggets and Chips (V) Crispy Quorn nuggets with their fave sauce-ketchup
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Vegetables	Coleslaw Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Secret Brownie	Raspberry Ripple Ice Cream	Banana Oat Bite *	Summer Berry & Peach Oatie Crumble* with custard	Apricot & Carrot Slice

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

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian



FFL Autumn Winter 2020 Menu Week 2

07/09 – 28/09 – 19/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** Cheesy tomato topped pizza slice	Chicken Tikka Masala with Rice ** Succulent chicken in a mild curry sauce	Roast Pork with Roast Potatoes and Gravy Crispy roast pork with fluffy roasties and tasty gravy	Lasagne ** A classic Italian beef lasagne in a yummy tomato sauce	Southern Fried Chicken Tasters Light seasoned crispy chicken strips and scrummy chips
Alternative Dish	Sausage and Mash with Gravy (V) Fluffy mash with veggie sausages and a rich gravy	Baked Macaroni (V) Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Quorn Roast with Roast Potatoes and Gravy (V) Pumpkin and potatoes wrapped in flaky pastry	Chilli Macaroni (V) A lightly spiced Mac N Cheese	Soft Taco and Chips (V) A soft taco shell filled with a yummy veggie tomato chilli
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Vegetables	Sweetcorn Broccoli and Cauliflower Medley	Broccoli Peas	Cabbage Carrots	Sweetcorn Broccoli	Peas Baked Beans
Desserts	Creamy Peach Rice Pudding	Apple & Carrot Yoghurt Muffin *	Strawberry Ice Cream	Chocolate Cake	Oatie Biscuit with Fruit Slices *

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FFL Autumn Winter 2020 Menu Week 3

14/09 – 05/10 – 26/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Chinese Veggie Noodles (V) Fragrant egg noodles with stir fried vegetables	Sausage and Mash with Gravy Traditional pork sausage and mash with rich gravy	Roast Turkey with Roast Potatoes and Gravy Moist roast turkey with fluffy roasties and tasty gravy	Pasta Bolognese ** A classic Italian beef Bolognese in a yummy tomato and beef sauce	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza ** With Dough Balls (V) Cheesy tomato topped pizza slice	Quorn Bolognese ** (V) Penne pasta in a yummy tomato and Quorn sauce	Quorn Roast With Roast Potatoes and Vegetables	Mild Chickpea & Potato Curry with a Rice side ** (V) A tasty chickpea and potato masala	Beany Burger with Chips (V) A delicious homemade beany burger
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Vegetables	Sweetcorn Broccoli	Peas Carrots	Carrots Cabbage	Sweetcorn Broccoli	Baked Beans Peas
Desserts	Raspberry Yoghurt Cake	Peach Shortbread Pudding * with custard	Flapjack with Fruit Slices *	Chocolate Apricot Brownie	Vanilla Ice Cream

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

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian

