

# 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, 21/11, 12/12, 02/01, 23/01, 13/02, 06/03, 27/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	<b>Macaroni Cheese</b> Served with Peas and Carrots	<b>Chicken Pie</b> Served with Mashed Potato and Gravy	<b>Roast Turkey</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> Served with Wholemeal Pasta, Broccoli and Sweetcorn	<b>Breaded Fish</b> Served with Chips, Peas, Carrots and Beans
Alternative Dish	<b>Vegetarian Sausage</b> Served with Mashed Potato and Gravy	<b>Cheese and Tomato Pizza</b> Served with Potato Wedges	<b>Vegan Sausage Casserole</b> Served with Carrots and Cabbage	<b>Chinese Vegetable Rice</b> Served with Chips, Peas, Carrots and Beans	<b>Quorn Dippers</b> Served with Chips, Peas, Carrots and Beans
Third Choice	-	<b>Jacket Potato with Salmon Mayonnaise</b> Served with Mashed Potato and Gravy	-	-	-
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings
Pasta	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato Available every day				
Vegetables	<b>Carrots and Peas</b>	<b>Sweetcorn and Green Beans</b>	<b>Carrots and Cabbage</b>	<b>Fresh Broccoli and Sweetcorn</b>	<b>Peas, Carrots and Beans</b>
Dessert	<b>Vanilla Ice Cream with Fruit Slices</b>	<b>Orange Drizzle Cake and Fruit Slices</b>	<b>Oat Cookie with Fruit Slices</b>	<b>Pineapple Upside Down Cake</b>	<b>Chocolate and Raspberry Swirl Cake and Fruit Slices</b>

**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, 09/01, 30/01, 20/02, 13/03, 03/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Cheese and Tomato Pizza</b> 🌿🍃 Served with Potato Wedges	<b>Chicken Noodle Stir Fry</b> Served with Sweetcorn and Broccoli	<b>Roast Gammon</b> Served with Yorkshire Pudding, Mashed Potato and Gravy	<b>Keralan Chicken Curry</b> 🍷 Served with Wholemeal Rice, Sweetcorn and Green Beans	<b>Breaded Fish</b> Served with Chips, Peas, Carrots and Beans
Alternative Dish	<b>Mixed Bean Pasta</b> 🍃🌿🍷 Served with Tomato Pizza Bread 🌿	<b>Vegetable Lasagne</b> 🍃	<b>Vegetable Pie</b> 🍃	<b>Cauliflower and Sweet Potato Masala</b> 🍃🌿🍷	<b>Quorn Dippers</b> 🍃
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato	<b>Jacket Potato</b> 🍃🍷 With a choice of fillings	<b>Jacket Potato</b> 🍃🍷 With a choice of fillings	<b>Jacket Potato</b> 🍃🍷 With a choice of fillings	<b>Jacket Potato</b> 🍃🍷 With a choice of fillings	<b>Jacket Potato</b> 🍃🍷 With a choice of fillings
Pasta	<b>Tomato Pasta</b> 🍃🌿🍷 Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	<b>Carrots and Peas</b>	<b>Sweetcorn and Broccoli</b>	<b>Carrots and Cabbage</b>	<b>Sweetcorn and Green Beans</b>	<b>Peas, Carrots and Beans</b>
Dessert	<b>Jam Sponge with Fruit Slices</b> 🍏	<b>Banana and Apricot Flapjack served with Fresh Fruit</b> 🍏🍷	<b>Chocolate Ice Cream with Fruit Slices</b> 🍏	<b>Raspberry Ripple Cake with Fruit Slices</b> 🍏🍷	<b>Strawberry Frozen Yoghurt with Fruit Slices</b> 🍏

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 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, 16/01, 06/02, 27/02, 20/03, 10/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	<b>Cheese and Tomato Pizza</b> 🌿 V Served with Potato Wedges	<b>Sweet and Sour Chicken</b> Served with Wholemeal Rice	<b>Roast Pork</b> Served with Roast Potatoes and Gravy	<b>Beef Bolognese</b> 🌿 🍷 Served with Wholemeal Pasta, Sweetcorn and Green Beans	<b>Breaded Fish</b> Served with Chips, Peas, Carrots and Beans
Alternative Dish	<b>Vegetable Chilli</b> V 🌿 🍷 Served with Wholemeal Rice	<b>Vegetable Chow Mein</b> V 🍷 Served with Broccoli and Sweetcorn	<b>Vegetable Pastry Roll</b> V Served with Roast Potatoes and Tasty Gravy	<b>Vegetarian Cottage Pie</b> V 🍷 Served with Sweetcorn, Green Beans and Gravy	<b>Vegan Meatballs in Tomato Sauce</b> V 🍷 Served with Chips, Peas, Carrots and Beans
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato	<b>Jacket Potato</b> V 🍷 With a choice of fillings	<b>Jacket Potato</b> V 🍷 With a choice of fillings	<b>Jacket Potato</b> V 🍷 With a choice of fillings	<b>Jacket Potato</b> V 🍷 With a choice of fillings	<b>Jacket Potato</b> V 🍷 With a choice of fillings
Pasta	<b>Tomato Pasta</b> V 🌿 🍷 Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	<b>Peas and Carrots</b>	<b>Broccoli and Sweetcorn</b>	<b>Carrots and Cabbage</b>	<b>Sweetcorn and Green Beans</b>	<b>Peas, Carrots and Beans</b>
Dessert	<b>Strawberry Ice Cream and Fruit Slices</b> 🍏	<b>Fruit Flapjack</b> 🍏	<b>Fruit Jelly and Custard with Fruit Slices</b> 🍏	<b>Orange, Sultana and Carrot Slice</b> 🍏	<b>Crispy Crackle Bar and Fruit Slices</b> 🍏

**PACKED LUNCH – AVAILABLE DAILY**

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VEGETABLES AND FRESH FRUIT  
DESSERT OF THE DAY

**AVAILABLE EVERY DAY**

WATER, SALAD, FRESHLY BAKED BREAD  
YOGHURT, FRESH FRUIT AND FRUIT JUICE

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

