

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: 29/8/22 19/9/22 10/10/22



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese

Served with Peas and Carrots

**Chicken Pie
Halal Chicken Pie**

Served with Mashed Potato and Gravy

**Roast Turkey
Halal Turkey**

Served with Roast Potatoes and Gravy

**Beef Bolognese
Halal Bolognese**

Served with Wholemeal Pasta, Broccoli and Sweetcorn

Breaded Fish

Served with Chips, Peas and Beans

Alternative Dish

Vegetarian Sausage

Served with Mashed Potato and Gravy

Cheese and Tomato Pizza

Served with Sweetcorn and Salad

Vegan Sausage Casserole

Served with Carrots and Cabbage

Vegetarian Bolognese

Served with Wholemeal Pasta, Broccoli and Sweetcorn

Quorn Dippers

Served with Chips, Peas and Beans

Third Choice

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Salads

Freshly Prepared Salads
Available every day

Jacket Potato

Jacket Potato

Beans or Cheese

Jacket Potato

Beans or Cheese

Jacket Potato

Beans or Cheese

Jacket Potato

Beans or Cheese

Jacket Potato

Beans or Cheese

Pasta

Tomato Pasta

Wholemeal Pasta with homemade Tomato Sauce
Available every day

Vegetables

Carrots and Peas

Sweetcorn and Fresh Salad

Carrots and Cabbage

Fresh Broccoli and Sweetcorn

Peas and Beans

Dessert

Vanilla Ice Cream

**Hot Chocolate Sponge with
Chocolate Custard**

Oat Cookie with Fruit Slices

Apple Crumble with Custard

**Ice Cream Milkshake with
Shortbread**

AUTUMN/WINTER 2022

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

Vegetarian **Oily fish** **Wholegrain** **Fruity!** **Nutritionist's choice**

WEEK 2 MENU

W/C: 5/9/22 26/9/22



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Cheese and Tomato Pizza Served with Carrot and Cucumber Sticks	Chicken Noodle Stir Fry Halal Chicken Noodle Stir Served with Peas and Broccoli	Roast Chicken Halal Roast Chicken Served with Yorkshire Pudding, Mashed Potato and Gravy	Keralan Chicken Curry Halal Chicken Curry Served with Wholemeal Rice, Sweetcorn and Green Beans	Breaded Fish Served with Chips, Peas and Beans
Alternative Dish	Mixed Bean Pasta Served with Tomato Pizza Bread	Sweet Chilli Vegetable Noodles Served with Peas 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 and Beans
Salads	 		Freshly Prepared Salads Available every day		
Jacket Potato	Jacket Potato Beans or Cheese	Jacket Potato Beans or Cheese	Jacket Potato Beans or Cheese	Jacket Potato Beans or Cheese	Jacket Potato Beans or Cheese
Pasta	Tomato Pasta Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Carrot and Cucumber sticks	Peas and Broccoli	Carrots and Cabbage	Sweetcorn and Green Beans	Peas and Beans
Dessert	Jam Sponge	Banana and Apricot Flapjack served with Fresh Fruit	Chocolate Ice Cream	Apple and Berry Crumble served with Custard	Strawberry Milkshake served with Fresh Fruit

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

WEEK 3 MENU

W/C: 12/9/22 3/10/22



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Pesto Pasta Bake	Sweet and Sour Chicken Halal Sweet and Sour Chicken	Jerk Chicken Halal Jerk Chicken	Beef Bolognese Halal Beef Bolognese	Southern Fried Chicken Halal Fried Chicken
Served with Peas and Carrots	Served with Wholemeal Rice	Served with Roast Potatoes and Gravy	Served with Wholemeal Pasta, Sweetcorn and Green Beans	Served with Chips, Peas and Beans	
Alternative Dish	Vegetable Chilli	Vegetable Chow Mein	Vegetable Pastry Roll	Vegetarian Cottage Pie	Vegan Meatballs in Tomato Sauce
Served with Wholemeal Rice	Served with Broccoli and Sweetcorn	Served with Roast Potatoes and Tasty Gravy	Served with Sweetcorn, Green Beans and Gravy	Served with Chips, Peas and Beans	
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato Beans or Cheese	Jacket Potato Beans or Cheese	Jacket Potato Beans or Cheese	Jacket Potato Beans or Cheese	Jacket Potato Beans or Cheese
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 and Beans
Dessert	Strawberry Ice Cream	Fruit Flapjack	Fruit Jelly and Custard	Orange, Sultana and Carrot Slice	Chocolate Milkshake served with Chocolate Biscuit

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

