

FFL Spring/Summer 2019 Menu

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Tomato & Mozzarella Pizza <i>with Jacket Wedges</i>	Chicken Tikka Masala <i>with Rice **</i>	Roast Turkey <i>with Roast Potatoes and Gravy</i>	BBQ Beef Meatballs <i>served with Pasta **</i>	Fish Fingers *** <i>Breaded Fish Fingers with Chips</i>
Alternative Dish	Chinese Style Veggie Rice	Vegetable Pasta Bolognese **	Veggie Hotdog <i>with Chips</i>	Sweetcorn Enchilada Pie <i>(layered tortilla bake) with Rice **</i>	Sweet Potato and Chickpea Roast <i>with Roast Potatoes and Gravy</i>
Additional Options	Additional daily choice of a Jacket Potato with a selection of fillings, or a Selection from our Daily Pasta Bar, or a Selection of Sandwiches				
Vegetables	Broccoli Sweetcorn	Green Beans Mediterranean Vegetables	Carrots Cabbage	Peas Seasonal Vegetables	Sweetcorn Baked Beans
Desserts	Mango Frozen Yoghurt	Pear Upside Down Cake * <i>with Custard</i>	Flapjack <i>with Fruit Slices *</i>	Brownie Cake	Berry Chill

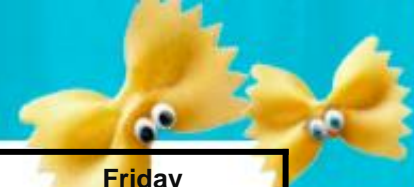
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish



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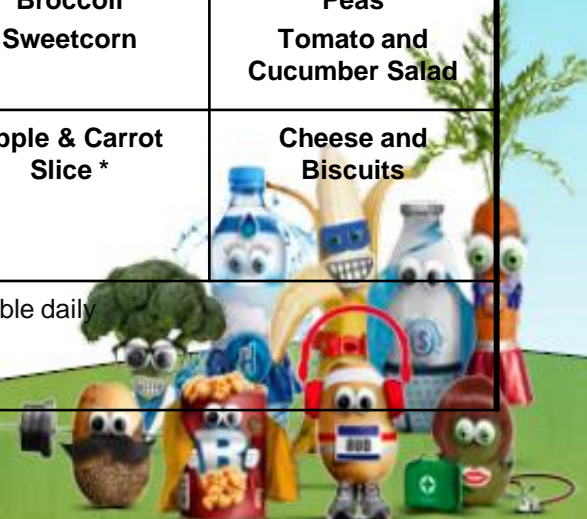
Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	BBQ Quorn Burger <i>with Jacket Wedges</i>	Pork Sausages <i>with Creamed Potato</i>	Roast Chicken <i>with Roast Potatoes and Gravy</i>	Pasta Bolognese **	Crispy Fish & Chips <i>Crispy Battered Pollock with Chips</i>
Alternative Dish	Mediterranean Tart (pastry) <i>with Pesto Pasta</i>	Cauliflower and Creamed Corn Bake <i>with Roast Potatoes</i>	Vegetarian Sausages <i>with Creamed Potato</i> **Cheese Sandwich option**	Mild Chickpea Curry <i>with Rice **</i>	Baked Bean and Cheese Quesadilla <i>(folded tortilla wrap) with Chips</i>
Additional Options	Additional daily choice of a Jacket Potato with a selection of fillings, or a Selection from our Daily Pasta Bar, or a Selection of Sandwiches				
Vegetables	Crunchy Coleslaw Peas	Roasted Peppers and Sweetcorn Baked Beans	Cabbage Carrots	Broccoli Sweetcorn	Peas Tomato and Cucumber Salad
Desserts	Chocolate Sponge Cake <i>with Custard</i>	Strawberry Sponge Swirl	Oatie Biscuit <i>with Fruit Slices *</i>	Apple & Carrot Slice *	Cheese and Biscuits

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Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mac 'N' Cheese <i>Macaroni Cheese</i>	Chicken and Sweetcorn Pizza <i>with Jacket Wedges</i>	Roast Pork <i>with Roast Potatoes and Gravy</i>	Chinese Chicken Rice	Golden Fish Fingers & Chips <i>Breaded Fish Fingers with Chips</i>
Alternative Dish	Vegetable Korma <i>with Rice **</i>	Quorn Roast <i>with Roast Potatoes with Gravy</i> <i>**Cheese Sandwich option**</i>	Cheesy Bubble & Squeak	Creamy Pesto Pasta	All Day Breakfast Including Quorn Sausage
Additional Options	Additional daily choice of a Jacket Potato with a selection of fillings, or a Selection from our Daily Pasta Bar, or a Selection of Sandwiches				
Vegetables	Broccoli Carrots	Peas Mediterranean Vegetables	Carrots Cabbage	Roasted Summer Vegetable Medley Sweetcorn	Baked Beans Peas
Desserts	Peach Slice	Lemon Drizzle Cake	Blueberry Frozen Yoghurt	Apple and Berry Crumble * <i>with Custard</i>	Chocolate Shortbread <i>with Fruit Slices**</i>

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