FFL THREE WEENU

THREE WEEK MENU AUTUMN/WINTER 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



W/C 31/10, 21/11, 12/12, 02/01, 23/01, 13/02, 06/03, 27/03

PACKED LUNCH – AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL

VEGETABLES AND FRESH FRUIT

DESSERT OF THE DAY





V Vegetarian **◇** Oily fish **♦** Wholegrain **△** Fruity! **♦** Nutritionist's choice



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Macaroni Cheese V	Chicken Pie	Roast Turkey	Beef Bolognese 📦 🤫	Breaded Fish
	Served with Peas and Carrots	Served with Mashed Potato and Gravy	Served with Roast Potatoes and Gravy	Served with Wholemeal Pasta, Broccoli and Sweetcorn	Served with Chips, Peas, Carrots and Beans
Alternative Dish	Vegetarian Sausage 💟 😽	Cheese and Tomato Pizza 💟	Vegan Sausage Casserole ♥	Chinese Vegetable Rice 💟	Quorn Dippers 💟
	Served with Mashed Potato and Gravy	Served with Potato Wedges	Served with Carrots and Cabbage		Served with Chips, Peas, Carrots and Beans
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato With a choice of fill	Jacket Potato With a choice of fil	Jacket Potato With a choice of fil	Jacket Potato With a choice of fil	Jacket Potato With a choice of fil
Pasta	Tomato Pasta				
Vegetables	Carrots and Peas	Sweetcorn and Green Beans	Carrots and Cabbage	Fresh Broccoli and Sweetcorn	Peas, Carrots and Beans
Dessert	Vanilla Ice Cream with Fruit Slices	Orange Drizzle Cake and Fruit Slices	Oat Cookie with Fruit Slices 🍑 😽	Pineapple Upside Down Cake	Chocolate and Raspberry Swirl Cake and Fruit Slices

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD

YOGHURT, FRESH FRUIT AND FRUIT JUICE

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AUTUMN/WINTER

W/C 07/11, 28/11, 19/12, 09/01, 30/01, 20/02, 13/03, 03/04







Hot Main Dish Alternative Dish Salads **Pasta**

MONDAY TUESDAY

WEDNESDAY

THURSDAY

Keralan Chicken Curry

FRIDAY

Cheese and Tomato Pizza w

Mixed Bean Pasta 💟 👾 😽

Served with Potato Wedges

Served with

Tomato Pizza Bread 🐲

Chicken Noodle Stir Fry

Served with Sweetcorn

and Broccoli

Served with Sweetcorn

and Broccoli

Vegetable Lasagne V

Served with Yorkshire Pudding, Mashed Potato and Gravy

Vegetable Pie V

Served with Mashed Potato

and Gravy

Freshly Prepared Salads

Available every day

Roast Gammon

Cauliflower and Sweet Potato

Masala 🕜 👾 😽

Served with Wholemeal Rice,

Sweetcorn and Green Beans

Served with Wholemeal Rice. Sweetcorn and Green Beans **Breaded Fish**

Served with Chips, Peas, **Carrots and Beans**

Quorn Dippers V



Served with Chips, Peas, **Carrots and Beans**

Jacket Potato

Jacket Potato V With a choice of fillings

Jacket Potato 💟 😽 With a choice of fillings

Jacket Potato V With a choice of fillings

Jacket Potato 💟 😽 With a choice of fillings

Jacket Potato V With a choice of fillings

Tomato Pasta 💟 🕪 😽



Wholemeal Pasta with homemade Tomato Sauce Available every day

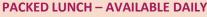
Sweetcorn and Broccoli

Sweetcorn and Green Beans

Raspberry Ripple Cake with Fruit Slices Peas, Carrots and Beans

Strawberry Frozen Yoghurt with Fruit Slices





Jam Sponge

with Fruit Slices

HAM OR CHEESE SANDWICH OR DAILY SPECIAL **VEGETABLES AND FRESH FRUIT DESSERT OF THE DAY**









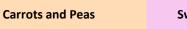












Banana and Apricot Flapjack served with Fresh Fruit 🔴 🥎 **Carrots and Cabbage**

Chocolate Ice Cream with Fruit Slices







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AUTUMN/WINTER

W/C 14/11, 05/12, 26/12, 16/01, 06/02, 27/02, 20/03, 10/04







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Served with Potato Wedges

Cheese and Tomato Pizza w

Vegetable Chilli V 🕪 😽

Served with Wholemeal Rice

Sweet and Sour Chicken

Served with Wholemeal Rice

Vegetable Chow Mein V

Served with Broccoli and Sweetcorn

Roast Pork

Served with Roast Potatoes and Gravy

Vegetable Pastry Roll V

Served with Roast Potatoes and Tasty Gravy

Freshly Prepared Salads Available every day

Beef Bolognese 💚 😽

Served with Wholemeal Pasta. Sweetcorn and Green Beans

Vegetarian Cottage Pie V

Served with Sweetcorn, **Green Beans and Gravy** **Breaded Fish**

Served with Chips, Peas, **Carrots and Beans**

> **Vegan Meatballs** in Tomato Sauce V 😽



Served with Chips, Peas, Carrots and Beans

Salads

Alternative Dish

Jacket Potato

Pasta

Jacket Potato V With a choice of fillings

Jacket Potato V With a choice of fillings

Jacket Potato V

With a choice of fillings

Tomato Pasta 💟 🐲 😽

Jacket Potato V With a choice of fillings

Jacket Potato V With a choice of fillings

Wholemeal Pasta with homemade Tomato Sauce Available every day

Vegetables

Dessert

Peas and Carrots

Strawberry Ice Cream and Fruit Slices **Broccoli and Sweetcorn**

Fruit Flapjack

Carrots and Cabbage

Fruit Jelly and Custard with Fruit Slices

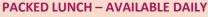
Sweetcorn and Green Beans

Orange, Sultana and Carrot Slice 🍏

Peas, Carrots and Beans

Crispy Crackle Bar and Fruit Slices





HAM OR CHEESE SANDWICH OR DAILY SPECIAL **VEGETABLES AND FRESH FRUIT DESSERT OF THE DAY**













