

# FFL THREE WEEK MENU

THREE WEEK MENU  
AUTUMN/WINTER 2022

OUR NEW  
MENU CHOSEN  
BY PARENTS  
AND CHILDREN



YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



**Chartwells**  
So much more than fantastic food



# 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

Hot Main Dish

Macaroni Cheese

Served with Peas and Carrots

Chicken Pie

Served with Mashed Potato and Gravy

Roast Turkey

Served with Roast Potatoes and Gravy

Beef Bolognese

Served with Wholemeal Pasta, Broccoli and Sweetcorn

Breaded Fish

Served with Chips, Peas, Carrots and Beans

Alternative Dish

Vegetarian Sausage

Served with Mashed Potato and Gravy

Cheese and Tomato Pizza

Served with Potato Wedges

Vegan Sausage Casserole

Served with Carrots and Cabbage

Chinese Vegetable Rice

Quorn Dippers

Served with Chips, Peas, Carrots and Beans

Salads

Freshly Prepared Salads

Available every day

Jacket Potato

Jacket Potato

With a choice of fillings

Jacket Potato

With a choice of fillings

Jacket Potato

With a choice of fillings

Jacket Potato

With a choice of fillings

Jacket Potato

With a choice of fillings

Pasta

Tomato Pasta

Wholemeal Pasta with homemade Tomato  
Available every day

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

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

AUTUMN/WINTER 2022



# 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

Hot Main Dish

Cheese and Tomato Pizza 🍕🌱

Served with Potato Wedges

Chicken Noodle Stir Fry

Served with Sweetcorn  
and Broccoli

Roast Gammon

Served with Yorkshire Pudding,  
Mashed Potato and Gravy

Keralan Chicken Curry 🍛

Served with Wholemeal Rice,  
Sweetcorn and Green Beans

Breaded Fish

Served with Chips, Peas,  
Carrots and Beans

Alternative Dish

Mixed Bean Pasta 🌱🐟🍷

Served with  
Tomato Pizza Bread 🍕

Vegetable Lasagne 🌱

Served with Sweetcorn  
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,  
Carrots and Beans

Salads

Freshly Prepared Salads  
Available every day

Jacket Potato

Jacket Potato 🌱🍷  
With a choice of fillings

Jacket Potato 🌱🍷  
With a choice of fillings

Jacket Potato 🌱🍷  
With a choice of fillings

Jacket Potato 🌱🍷  
With a choice of fillings

Jacket Potato 🌱🍷  
With a choice of fillings

Pasta

Tomato Pasta 🌱🍷🍷

Wholemeal Pasta with homemade Tomato Sauce  
Available every day

Vegetables

Carrots and Peas

Sweetcorn and Broccoli

Carrots and Cabbage

Sweetcorn and Green Beans

Peas, Carrots and Beans

Dessert

Jam Sponge  
with Fruit Slices 🍏

Banana and Apricot Flapjack  
served with Fresh Fruit 🍏🍷

Chocolate Ice Cream  
with Fruit Slices 🍏

Raspberry Ripple Cake  
with Fruit Slices 🍏🍷

Strawberry Frozen Yoghurt  
with Fruit Slices 🍏

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## PACKED LUNCH – AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL  
VEGETABLES AND FRESH POTATO  
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	Cheese and Tomato Pizza 🍕🌱 Served with Potato Wedges	Sweet and Sour Chicken Served with Wholemeal Rice	Roast Pork Served with Roast Potatoes and Gravy	Beef Bolognese 🍖🌱 Served with Wholemeal Pasta, Sweetcorn and Green Beans	Breaded Fish Served with Chips, Peas, Carrots and Beans
Alternative Dish	Vegetable Chilli 🌱🍄🌱 Served with Wholemeal Rice	Vegetable Chow Mein 🌱🍄 Served with Broccoli and Sweetcorn	Vegetable Pastry Roll 🌱 Served with Roast Potatoes and Tasty Gravy	Vegetarian Cottage Pie 🌱🍄 Served with Sweetcorn, Green Beans and Gravy	Vegan Meatballs in Tomato Sauce 🌱🍄 Served with Chips, Peas, Carrots and Beans
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato 🌱🍄 With a choice of fillings	Jacket Potato 🌱🍄 With a choice of fillings	Jacket Potato 🌱🍄 With a choice of fillings	Jacket Potato 🌱🍄 With a choice of fillings	Jacket Potato 🌱🍄 With a choice of fillings
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, Carrots and Beans
Dessert	Strawberry Ice Cream and Fruit Slices 🍓	Fruit Flapjack 🍏	Fruit Jelly and Custard with Fruit Slices 🍏	Orange, Sultana and Carrot Slice 🍏	Crispy Crackle Bar and Fruit Slices 🍏

**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