

FFL Spring/Summer 2018 Menu

Week 1



	Mediterranean MONDAY	Family Favourites TUESDAY	Traditional WEDNESDAY	Global Adventure THURSDAY	Fun Day FRIDAY
Hot Main Dish	Mozzarella & Tomato Pizza ** <i>with Pasta Salad **</i>	Chicken Mayo Burger <i>with Jacket Wedges</i>	Roast Chicken <i>with Roast Potatoes & Gravy</i>	Beef Chilli <i>with Rice **</i>	Crispy Fish & Chips <i>Crispy Battered Pollock with Chips</i>
Alternative Dishes	Mediterranean Summer Beans <i>with Rice *</i>	Vegetable Biryani	Quorn Roast <i>with Roast Potatoes with Gravy</i>	Macaroni, Sweetcorn and Cheese Bake	Salmon and pasta bake <i>with Chips</i>
	***** Jacket Potato with fillings *****			Beef Chilli Wrap	Filled Bap
Vegetables	Crunchy Salad Peas	House Coleslaw Sweetcorn	Seasonal Cabbage Carrots	Broccoli Cauliflower	Baked Beans Peas
Desserts	Wedges of Melon * and Orange	Mini Chocolate Brownie * <i>with Banana and Custard</i>	Blueberry Fro Yoghurt	Berry Flapjack	Orange Shortbread <i>with Yoghurt Dipper</i>

Cool Water, Fresh Fruit and Yoghurt served daily

*Fruit Based **Wholegrain ***Oily Fish



FFL Spring/Summer 2018 Menu

Week 2



	Mediterranean MONDAY	Family Favourites TUESDAY	Traditional WEDNESDAY	Global Adventure THURSDAY	Fun Day FRIDAY
Hot Main Dish	Mac 'N' Cheese <i>Macaroni Cheese</i>	Pork Sausages <i>with Creamy Mash and Gravy</i>	Roast Turkey <i>with Roast Potatoes and Gravy</i>	Beef Keema Curry <i>(minced beef curry) with Rice**</i>	Golden Fish Fingers & Chips <i>Breaded Fish Fingers with Chips</i>
Alternative Dish	Vegetarian Moussaka <i>with Garlic & Herb Bread Wedge **</i>	Vegetarian Sausages <i>with Creamy Mash and Gravy</i>	Cauliflower and Broccoli Cheese Bake <i>with Roast Potatoes and Gravy</i>	Cheesy Tomato and Basil Pasta **	Bean Burger in a Bun <i>and Tomato Relish with Chips</i>
	***** Jacket Potato with fillings *****			Sandwich of the day	Filled Bap
Vegetables	Broccoli Sweetcorn	Carrots Seasonal Cabbage	Peas Roasted Vegetables	Carrots Green Beans	Baked Beans Crunchy Light Coleslaw
Desserts	Vanilla Ice Cream	Chocolate and Banana Mousse Pot *	Oatie Biscuit with Fruit Slices *	Banana sponge Slice with Custard	Strawberry Jelly

Cool Water, Fresh Fruit and Yoghurt served daily

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Week 3



	Mediterranean MONDAY	Family Favourites TUESDAY	Traditional WEDNESDAY	Global Adventure THURSDAY	Fun Day FRIDAY
Hot Main Dish	Cheesy Pizza Bianca ** <i>with Jacket Wedges</i>	All day Breakfast including Bacon	Roast Chicken <i>with Roast Potatoes and Gravy</i>	Beef Pasta Bolognese **	Fish Fingers with Chips
Alternative Dishes	Mild Potato and Chickpea Curry <i>with Rice **</i>	Quorn Frankfurter Pasta Bake Or Filled Baguette	Country Vegetable Pie <i>with Gravy (pastry-restricted)</i>	Vegetarian Bolognese **	Beany burrito Bean and Pepper Fajita <i>with Chips</i>
	***** Jacket Potato with fillings *****			Lemon & Chicken Wrap	Filled Bap
Vegetables	Peas Apple Slaw	Broccoli Carrots	Seasonal Cabbage Sweetcorn	Green Beans Roast Mediterranean Veg	Baked Beans Peas
Desserts	Mango Fro Yoghurt	Peach Crumble <i>with Custard *</i>	Wedges of Pear, Apple & Orange *	Chocolate and Gingerbread Bite	Strawberry Ice Cream Pot

Cool Water, Fresh Fruit and Yoghurt served daily
 ** Base ** Wholegrain *** Oily Fish

