

# Primary FFL Autumn Winter 2020 Menu Week 1

Week beginning 02/11 23/11 14/12 18/01 08/02 01/03 22/03

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Cheese and Tomato Pizza ** with Dough Balls (V)</b>  Cheesy Tomato Topped Pizza Slice	<b>Chicken Burger with Potato Wedges</b>  Roast chicken served in a soft bun with lettuce and mayo	<b>Roast Chicken with Roast Potatoes and Gravy</b>  Succulent roast chicken with fluffy roasties and tasty gravy	<b>Pasta Bolognese **</b>  A classic Italian beef Bolognese in a yummy tomato sauce	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Burrito (V)</b>  A soft wrap filled with lightly spiced veggies and rice	<b>Baked Macaroni (V)</b>  Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V)</b>  A chunky sweet potato and chickpea roast	<b>Hotdog with Potato Wedges (V)</b>  Our favourite veggie hotdog served with ketchup in a soft sub roll	<b>Quorn Nuggets and Chips (V)</b>  Crispy Quorn nuggets with their fave sauce – ketchup
<b>Third Choice</b>		<b>Jacket Potato with Salmon Mayonnaise ***</b>			
<b>Packed Lunch</b>	<b>Ham or Cheese Sandwich or Daily Special Wrap or Baguette served with Veg Sticks And Fresh Fruit or Bear Yo Yo or Dessert of the Day</b>				
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b>				
<b>Pasta</b>	<b>Tomato Pasta ** (V)</b>  A delicious fresh, homemade tomato sauce with penne pasta				
<b>Vegetables</b>	<b>Coleslaw Sweetcorn</b>	<b>Peas Broccoli</b>	<b>Carrots Cabbage</b>	<b>Broccoli Sweetcorn</b>	<b>Baked Beans Peas</b>
<b>Desserts</b>	<b>Brownie With Chocolate Custard</b>	<b>Raspberry Ripple Ice Cream</b>	<b>Shortbread Biscuit With Fruit Slices*</b>	<b>Summer Berry &amp; Peach Oaty Crumble* with Custard</b>	<b>Strawberry Swirl Sponge</b>



# Primary FFL Autumn Winter 2020 Menu

## Week 2

Week Beginning 09/11 07/12 04/01 25/01 15/02 08/03 29/03

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Cheese and Tomato Pizza **</b> <i>with Dough Balls (V)</i>  Cheesy Tomato Topped Pizza Slice	<b>Chicken Tikka Masala</b> <i>with Rice **</i>  Succulent chicken in a mild curry sauce	<b>Roast Pork with Roast Potatoes and Gravy</b>  Crispy roast pork with fluffy roasties and tasty gravy	<b>Lasagne with a Garlic &amp; Herb Bread Wedge **</b>  A classic Italian layered pasta dish with beef mince	<b>Southern Fried Chicken Tasters</b>  Lightly seasoned crispy chicken strips and scrummy chips
<b>Alternative Dish</b>	<b>Sausage and Mash with Gravy (V)</b>  Fluffy mash with veggie sausages and rich gravy	<b>Baked Macaroni (V)</b>  Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Pastry Slice with Roast Potatoes and Gravy (V)</b> <i>(pastry)</i>  Pumpkin and potatoes wrapped in flaky pastry	<b>Chilli Macaroni (V)</b>  A lightly spiced Mac N Cheese	<b>Soft Taco and Chips (V)</b>  A soft taco shell filled with a yummy veggie tomato chilli
<b>Packed Lunch</b>	<b>Ham or Cheese Sandwich or Daily Special Wrap or Baguette served with Veg Sticks And Fresh Fruit or Bear Yo Yo or Dessert of the Day</b>				
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b>				
<b>Pasta</b>	<b>Tomato Pasta ** (V)</b> A delicious fresh, homemade tomato sauce with penne pasta				
<b>Vegetables</b>	<b>Sweetcorn Broccoli and Cauliflower Medley</b>	<b>Broccoli Peas</b>	<b>Cabbage Carrots</b>	<b>Sweetcorn Broccoli</b>	<b>Peas Baked Beans</b>
<b>Desserts</b>	<b>Creamy Peach Rice Pudding</b>	<b>Fruity Apricot Bar</b>	<b>Strawberry Ice Cream</b>	<b>Chocolate Cake With Custard</b>	<b>Oatie Biscuit with Fruit Slices *</b>

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

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (V) Vegetarian



# Primary FFL Autumn Winter 2020 Menu

## Week 3

Week Beginning 16/11 07/12 11/01 01/02 22/02 15/03

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Chinese Veggie Noodles (V)</b>  Fragrant egg noodles with stir fried vegetables	<b>Sausage and Mash with Gravy</b>  Traditional Pork Sausage and Mash with rich Gravy	<b>Roast Turkey with Roast Potatoes and Gravy</b>  Moist roast turkey with fluffy roasties and tasty gravy	<b>Pasta Bolognese **</b>  A classic Italian beef Bolognese in a yummy tomato and beef sauce	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Cheese and Tomato Pizza ** with Dough Balls (V)</b>  Cheesy Tomato Topped Pizza Slice	<b>Quorn Bolognese **(V)</b>  Penne pasta in a yummy tomato and Quorn sauce	<b>Country Vegetable Pie (V) (pastry)</b>  Creamy vegetable pie with a shortcrust topper	<b>Mild Chickpea &amp; Potato Curry with a Rice side **(V)</b>  A tasty chick pea and potato masala	<b>Beany Burger with Chips (V)</b>  A delicious homemade beany burger
<b>Packed Lunch</b>	<b>Ham or Cheese Sandwich or Daily Special Wrap or Baguette served with Veg Sticks And Fresh Fruit or Bear Yo Yo or Dessert of the Day</b>				
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b>				
<b>Pasta</b>	<b>Tomato Pasta ** (V)</b> A delicious fresh, homemade tomato sauce with penne pasta				
<b>Vegetables</b>	<b>Sweetcorn Broccoli</b>	<b>Peas Carrots</b>	<b>Carrots Cabbage</b>	<b>Sweetcorn Broccoli</b>	<b>Baked Beans Peas</b>
<b>Desserts</b>	<b>Raspberry Ripple Cake</b>	<b>Peach Shortbread Pudding * with Custard</b>	<b>Flapjack with Fruit Slices *</b>	<b>Chocolate Apricot Brownie With Chocolate Custard</b>	<b>Vanilla Ice Cream</b>

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

