

# FFL Spring/Summer 2019 Menu

## Week 1



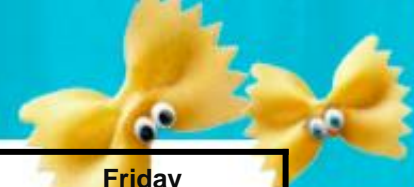
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Tomato &amp; Mozzarella Pizza **</b> <i>with Jacket Wedges</i>	<b>Chicken, Pea &amp; Potato Bake</b>	<b>Roast Chicken</b> <i>with Roast Potatoes and Gravy</i>	<b>BBQ Beef Meatballs</b> <i>served with Pasta **</i>	<b>Crispy Salmon Fillet ***</b> <i>with Chips</i>
<b>Alternative Dish</b>	<b>Chinese Style Veggie Rice</b>	<b>Vegetable Pasta Bolognese **</b>	<b>Sweet Potato and Chickpea Roast</b> <i>with Roast Potatoes and Gravy</i>	<b>Sweetcorn Tortilla Pie</b> <i>(layered tortilla bake) with Rice **</i>	<b>Veggie Hotdog</b> <i>with Chips</i>  Or <b>Jacket Potato With Cheese</b>
<b>Vegetables</b>	<b>Peas Sweetcorn</b>	<b>Green Beans Mediterranean Vegetables</b>	<b>Carrots Broccoli</b>	<b>Green Beans Seasonal Vegetables</b>	<b>Sweetcorn Baked Beans</b>
<b>Desserts</b>	<b>Flapjack</b> <i>with Orange and Apple Slices *</i>	<b>Pear Upside Down Cake *</b> <i>with Custard</i>	<b>Seasonal Fresh Fruit Cup</b>	<b>Brownie Cake</b>	<b>Mango Frozen Yoghurt</b>

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily  
\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish



# FFL Spring/Summer 2019 Menu

## Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>BBQ Quorn Burger</b> <i>with Jacket Wedges</i>	<b>Chicken Chinese Noodles</b>	<b>Roast Beef</b> <i>with Roast Potatoes and Gravy</i>	<b>Pasta Bolognese</b> <b>**</b>	<b>Crispy Fish &amp; Chips</b> <i>Crispy Battered Pollock with Chips</i>
<b>Alternative Dish</b>	<b>Vegetable and Chickpea Wrap</b>	<b>Quorn Balls In Tomato Sauce</b> <i>with Pasta</i>	<b>Cheese and Potato Bake</b>	<b>Mild Chickpea Curry</b> <i>with Rice **</i>	<b>Baked Bean Omelette</b>  Or <b>Jacket Potato With Cheese</b>
<b>Vegetables</b>	<b>Roasted Peppers and Sweetcorn</b>	<b>Green Beans Carrots</b>	<b>Cabbage Peas</b>	<b>Broccoli Sweetcorn</b>	<b>Peas Baked Beans</b>
<b>Desserts</b>	<b>Strawberry Sponge Swirl</b>	<b>Banana and Apricot Flapjack</b>	<b>Crunchy Chocolate Biscuit</b> <i>Served with Orange and Apple Slices *</i>	<b>Apple &amp; Carrot Slice *</b>	<b>Chocolate Sponge Cake</b> <i>with Custard</i>

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# FFL Spring/Summer 2019 Menu

## Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Tomato and Basil Pasta **	Beef and Potato Hash	Roast Turkey <i>with Roast Potatoes and Gravy</i>	Chinese Chicken Rice	Golden Fish Fingers & Chips <i>Breaded Fish Fingers with Chips</i>
<b>Alternative Dish</b>	Vegetarian Paella	Summery Bubble & Squeak (Cheesy Bubble & Squeak)	Roasted Vegetable and Butterbean Crumble <i>with Roast Potatoes with Gravy</i>	Creamy Pesto Pasta	Sweet Potato & Chickpea Burger <i>with Chips</i>  Or Jacket Potato <i>With Cheese</i>
<b>Vegetables</b>	Broccoli Carrots	Peas Mediterranean Vegetables	Carrots Cabbage	Roasted Summer Vegetable Medley Sweetcorn	Baked Beans Peas
<b>Desserts</b>	Peach Cake <i>(Peach Slice)</i>	Lemon Drizzle Cake	Blueberry Frozen Yoghurt	Chocolate Shortbread <i>with Apple and Orange Slices*</i>	Pineapple and Carrot Slice <i>with Fruit Platter</i>

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