FFL THREE WEENU

THREE WEEK MENU AUTUMN/WINTER 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY







AUTUMN/WINTER 2022

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 💟	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	Served with Chips
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
Third Choice	-	Jacket Potato with Salmon Mayonnaise 🞾	-	-	-
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	Peas and Green Beans	Carrots and Cabbage	Peas and Sweetcorn	Peas, Carrots and Beans
Dessert	Vanilla Ice Cream with Fruit Slices 🝏	Jelly with Fruit Slices	Oat Cookie with Fruit Slices 🝏 😽	Apple Crumble with Custard	Shortbread with 🝏 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







MONDAY	
Cheese and Tomato	

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

omatoPizza 🐲 💟

Served with Potato Wedges

Chicken Noodle Stir Fry

Roast Gammon

Served with Yorkshire Pudding, Mashed Potato and Gravy

Chicken Korma 💖

Served with Wholemeal Rice

Breaded Fish

Served with Chips

Alternative Dish

Served with Tomato Pizza Bread 🐲

Mixed Bean Pasta 💟 👾 😽

Vegetable Lasagne V

Served with Garlic and Herb Bread Wedge

Vegetable Pie V

Served with Mashed Potato

Freshly Prepared Salads

Available every day

Sweet Potato Curry

Quorn Dippers V

and Gravy

Served with Wholemeal Rice

Served with Chips

Salads

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

Tomato Pasta 💟 💚 😽

Jacket Potato 🗸 🤲 With a choice of fillings

Jacket Potato 💟 😽 With a choice of fillings

Pasta

Wholemeal Pasta with homemade Tomato Sauce Available every day

Vegetables

Dessert

Carrots and Peas

Fruity Picnic Bar

Orange Shortbread 🍏

Sweetcorn and Peas

Carrots and Cabbage Chocolate Ice Cream with Fruit Slices **Peas and Green Beans**

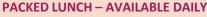
Jelly with Fruit Slices 🌥

Peas, Carrots and Beans

Strawberry Frozen Yoghurt with Fruit Slices







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









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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

Cheese and Tomato Pizza w

Served with Potato Wedges

Sweet and Sour Chicken

Served with Wholemeal Rice

Roast Pork

Served with Roast Potatoes and Gravy

Vegetable Pastry Roll 💟

Beef Bolognese 😻 🥎

Served with Wholemeal Pasta

Vegetarian Bolognese

Served with Wholemeal Pasta

Breaded Fish

Served with Chips

Vegan Meatballs in Tomato Sauce V

Served with Chips

Alternative Dish

Served with Wholemeal Rice

Vegetable Chow Mein

Served with Roast Potatoes and Tasty Gravy

Freshly Prepared Salads

Available every day

Jacket Potato 🗸 😽 With a choice of fillings

Jacket Potato 🕜 🥪 With a choice of fillings

Jacket Potato

Salads

Jacket Potato 🗸 🤯

With a choice of fillings

Vegetable Chilli V 🕪 🤝

Jacket Potato V With a choice of fillings

Jacket Potato V With a choice of fillings

Tomato Pasta 💟 💜 😽

Wholemeal Pasta with homemade Tomato Sauce

Available every day

Vegetables

Dessert

Pasta

Strawberry Ice Cream and Fruit Slices 🍏

Peas and Carrots

Peas and Sweetcorn

Fruit Flapjack

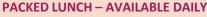
Carrots and Cabbage

Strawberry Jelly with Fruit Slices **Peas and Green Beans**

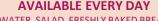
Shortbread with Fruit Slices Peas, Carrots and Beans

Crispy Crackle Bar and Fruit Slices 🍏





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



WATER, SALAD, FRESHLY BAKED BREAD YOGHURT, FRESH FRUIT AND FRUIT JUICE















