

# FFL THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN



YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



# WEEK 1 MENU

W/C 09/05 30/05 20/06 11/07



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPRING/SUMMER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Macaroni Cheese</b> Cheesy macaroni pasta	<b>Allegra's BBQ Chicken Burger</b> Corn and Pineapple Relish with <b>Potato Wedges</b> BBQ chicken breast burger with zingy corn relish	<b>Roast Chicken with Roast Potatoes and Gravy</b> Succulent roast chicken with fluffy roasties and tasty gravy	<b>Beef 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
Salads	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad
Jacket Potato	<b>Jacket Potato</b> with a choice of fillings	<b>Jacket Potato</b> with a choice of fillings	<b>Jacket Potato</b> with a choice of fillings	<b>Jacket Potato</b> with a choice of fillings	<b>Jacket Potato</b> with a choice of fillings
Pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta	<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Green Beans and Sweetcorn	Peas and Broccoli	Carrots and Cabbage	Broccoli and Sweetcorn	Baked Beans, Carrots and Peas
Desserts	<b>Raspberry Ripple Ice Cream</b> with Fruit Slices	<b>Secret Brownie</b> with Fruit Slices	<b>Shortbread Biscuit</b> with Fruit Slices	<b>Berry and Peach Oaty Crumble</b> with Custard	<b>Orange, Sultana</b> and Carrot Slice with Fruit Slices

**PACKED LUNCH—AVAILABLE DAILY**

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

**AVAILABLE EVERY DAY**

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice



# WEEK 2 MENU

W/C: 25/04 16/05 06/06 27/06  
18/07



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	<b>Cheese and Tomato Pizza</b> Cheesy tomato topped pizza slice	<b>Allegra's Asian Sticky Noodles</b> Chicken and vegetables in sweet sauce with noodles	<b>Roast Turkey with Roast Potatoes and Gravy</b> Succulent roast turkey with fluffy roasties and tasty gravy	<b>Cottage Pie</b> A classic cottage pie with veg and gravy	<b>Golden Fish Fingers and Chips</b> Crispy fish fingers and scrummy chips
Salads	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad	<b>A Selection of Fresh Salads</b> Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad
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Vegetables	<b>Carrots and Sweetcorn</b>	<b>Peas and Broccoli</b>	<b>Carrots and Cabbage</b>	<b>Green Beans and Sweetcorn</b>	<b>Baked Beans, Carrots and Peas</b>
Desserts	<b>Flapjack with Fruit Slices</b>	<b>Peach Shortbread Pudding and Custard</b>	<b>Raspberry Yoghurt Cake with Fruit Slices</b>	<b>Fruity Chocolate Brownie with Fruit Slices</b>	<b>Vanilla Ice Cream with Fruit Slices</b>

SPRING/SUMMER 2022

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**AVAILABLE EVERY DAY**

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Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

Internal

# WEEK 3 MENU

W/C: 02/05 23/05 13/06 04/07



MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

## Hot Main Dish

**Macaroni Cheese**   
Cheesy Macaroni Pasta

**Chinese Chicken Noodles**  
A classic Chinese chicken noodle dish

**Roast Pork with Roast Potatoes and Gravy**  
Succulent roast pork with fluffy roasties and tasty gravy

**Beef Burrito**   
A soft wrap filled with fresh beef and rice

**Southern Fried Chicken Tasters with Chips**  
Lightly seasoned crispy chicken strips and scrummy chips

## Salads

**A Selection of Fresh Salads**  
Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad



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## 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**    
A delicious fresh, homemade tomato sauce with penne pasta

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## Vegetables

Peas and Carrots

Sweetcorn and Broccoli

Carrots and Cabbage


Green Beans and Sweetcorn

Baked Beans, Carrots and Peas

## Desserts

**Oatie Biscuit with Fruit Slices**  

**Apple and Carrot Yoghurt Muffin** 

**Strawberry Ice Cream with Fruit Slices** 

**Chocolate Sponge Cake with Fruit Slices** 

**Banana and Apricot Flapjack with Fruit Slices** 

SPRING/SUMMER 2022

### PACKED LUNCH—AVAILABLE DAILY

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### AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

 **Vegetarian**  **Oily fish**  **Wholegrain**  **Fruity!**  **Nutritionist's Choice**