

FFL THREE WEEK MENU

THREE WEEK MENU AUTUMN/WINTER 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C 31/10, 21/11, 12/12, 02/01, 23/01, 13/02, 06/03, 27/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese

Served with Peas and Carrots

Cheese and Tomato Pizza

Served with Sweetcorn and Salad

Roast Turkey

Served with Roast Potatoes and Gravy

Beef Bolognese

Served with Wholemeal Pasta

Breaded Fish

Served with Chips, Peas, Carrots and Beans

Tomato Pasta

Served with Wholemeal Pasta

Tomato Pasta

Served with Wholemeal Pasta

Tomato Pasta

Served with Wholemeal Pasta

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Served with Wholemeal Pasta

Tomato Pasta

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Jacket Potato

Jacket Potato
With a choice of fillings

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With a choice of fillings

Vegetables

Carrots and Peas

Peas and Green Beans

Carrots and Cabbage

Peas and Sweetcorn

Peas, Carrots and Beans

Dessert

Vanilla Ice Cream

Strawberry Jelly and Fruit

Oat Cookie with Fruit Slices

Apple Crumble with Custard

Ice Cream Milkshake with Shortbread

AUTUMN/WINTER 2022

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT, FRESH FRUIT AND FRUIT JUICE

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice



WEEK 2 MENU

W/C 07/11, 28/11, 19/12, 09/01, 30/01, 20/02, 13/03, 03/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Cheese and Tomato Pizza 🍷 Served with Carrot and Cucumber sticks	Sausage and Mash Served with Peas and Broccoli	Roast Gammon Served with Yorkshire Pudding, Mashed Potato and Gravy	Beef Bolognese 🍷 Served with Wholemeal Pasta	Breaded Fish Served with Chips, Peas, and Beans
	Tomato Pasta Served with Wholemeal Pasta	Tomato Pasta Served with Wholemeal Pasta	Tomato Pasta Served with Wholemeal Pasta	Tomato Pasta Served with Wholemeal Pasta	Tomato Pasta Served with Wholemeal Pasta
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
Vegetables	Carrots and Peas	Peas and Sweetcorn	Carrots and Cabbage	Peas and Green Beans	Peas, Carrots and Beans
Dessert	Strawberry Jelly and Fruit	Banana and Apricot Flapjack served with Fresh Fruit 🍷	Chocolate Ice Cream	Apple and Berry Crumble served with Custard 🍷	Strawberry Milkshake served with Fresh Fruit 🍷

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

AVAILABLE EVERY DAY
 WATER, SALAD, FRESHLY BAKED BREAD
 YOGHURT, FRESH FRUIT AND FRUIT JUICE

🍷 Vegetarian
🐟 Oily fish
🌾 Wholegrain
🍏 Fruity!
🍷 Nutritionist's choice

WEEK 3 MENU

W/C 14/11, 05/12, 26/12, 16/01, 06/02, 27/02, 20/03, 10/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Pesto Pasta Bake Served with Peas and Carrots	Sweet and Sour Chicken Served with Wholemeal Rice	Roast Pork Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholemeal Pasta	Southern Fried Chicken Served with Chips, Peas, and Beans
	Tomato Pasta Served with Wholemeal Pasta	Tomato Pasta Served with Wholemeal Pasta	Tomato Pasta Served with Wholemeal Pasta	Tomato Pasta Served with Wholemeal Pasta	Tomato Pasta Served with Wholemeal Pasta
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
Vegetables	Peas and Carrots	Peas and Sweetcorn	Carrots and Cabbage	Peas and Green Beans	Peas and Beans
Dessert	Strawberry Ice Cream	Fruit Flapjack	Strawberry Jelly	Orange Shortbread and Fruit	Chocolate Milkshake served with Chocolate Biscuit

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