

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, 16/01,
06/02, 06/03, 27/03

Chartwells
So much more than Fantastic Food

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza 

Served with Peas and Carrots

Chicken Pie

Served with Mashed Potato and Gravy

Roast of the Day 

Served with Yorkshire Pudding, Roast Potato and Gravy

Beef Bolognese  

Served with Wholemeal Pasta, Broccoli and Sweetcorn

Breaded Fish

Served with Chips, Peas and Beans

Alternative Dish

Chinese Vegetable Noodles  

Served with Peas and Carrots

Macaroni Cheese 

Served with Sweetcorn and Salad

Vegan Sausage Casserole  

Served with Carrots and Cabbage

Vegetarian Bolognese   


Served with Wholemeal Pasta, Broccoli and Sweetcorn

Quorn Dippers 

Served with Chips, Peas and Beans

Third Choice

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Jacket Potato with Salmon Mayonnaise 

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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 Sauce
Available every day

Vegetables

Carrots and Baked Beans

Sweetcorn and Fresh Salad

Carrots and Cabbage


Fresh Broccoli and Carrots


Sweetcorn and Baked Beans

Dessert

Ice Cream

Hot Chocolate Sponge with Chocolate Custard

Oat Cookie with Fruit Slices 

Apple Crumble with Custard 

Chocolate Milkshake served with Chocolate Biscuit

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 AND FRESH FRUIT

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

Internal

AUTUMN/WINTER 2022

WEEK 2 MENU

W/C: 07/11, 28/11, 02/01, 23/01,
20/02, 13/03

Chartwells
So much more than Fantastic Food



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza 🌿🇻

Served with Carrot and Cucumber Sticks

Pork Sausage

Served with Mashed Potato and Gravy

Roast of the Day ❤️

Served with Yorkshire Pudding, Roast Potato and Gravy

Keralan Chicken Curry ❤️🇻

Served with Wholemeal Rice, Sweetcorn and Green Beans

Breaded Fish

Served with Chips, Peas and Beans

Alternative Dish

Mixed Bean Pasta 🌿❤️🇻

Served with Tomato Pizza Bread 🌿

Vegetable Sausage ❤️🇻

Served with Mashed Potato and Gravy

Vegetable Pastry Roll 🇻

Served with Yorkshire Pudding, Roast Potato and Gravy

Cauliflower and Sweet Potato Masala ❤️🌿🇻

Served with Wholemeal Rice, Sweetcorn and Green Beans

Quorn Dippers 🇻

Served with Chips, Peas and Beans

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 Sauce
Available every day

Vegetables

Carrots and Baked Beans

Sweetcorn and Broccoli

Carrots and Cabbage

Carrots and Fresh Broccoli

Sweetcorn and Baked Beans

Dessert

Jam Sponge

Chocolate & Banana Marble Cake

Oat Chocolate Biscuit served with Fruit Slices 🍏

Apple and Berry Crumble served with Custard 🍏❤️

Ice Cream Milkshake with Shortbread

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 AND FRESH FRUIT

🇻 Vegetarian 🐟 Oily fish 🌿 Wholegrain 🍏 Fruity! ❤️ Nutritionist's choice

Internal

AUTUMN/WINTER 2022

WEEK 3 MENU

W/C: 14/11, 05/12, 09/01, 30/01, 27/02, 20/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Cheese and Tomato Pizza 🌿 Served with Peas and Carrots	Chinese Chicken Noodles Served with Broccoli and Sweetcorn	Roast of the Day Served with Yorkshire Pudding, Roast Potato and Gravy	Cottage Pie 🍷 Served with Sweetcorn, Green Beans and Gravy	Southern Fried Chicken Served with Chips, Peas and Beans
Alternative Dish	Pesto Pasta Bake 🌿 Served with Peas and Carrots	Vegetable Chow Mein 🌿 🍷 Served with Broccoli and Sweetcorn	Vegetable Pie 🌿 Served with Yorkshire Pudding, Roast Potato and Gravy	Vegetarian Cottage Pie 🍷 Served with Sweetcorn, Green Beans and Gravy	Vegan Meatballs in Tomato Sauce 🍷 Served with Chips, Peas and Beans
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 Sauce Available every day				
Vegetables	Carrots and Baked Beans	Broccoli and Sweetcorn	Carrots and Cabbage	Carrots and Fresh Broccoli	Sweetcorn and Baked Beans
Dessert	Ice Cream	Fruit Flapjack 🍏	Fruit Jelly and Custard	Chocolate Slice with Fruit 🍏	Crispy Crackle Bar

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 AND FRESH FRUIT

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