## FFL THREE WEENU

THREE WEEK MENU AUTUMN/WINTER 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY







## W/C: **31/10, 21/11, 12/12, 16/01,** 06/02, 06/03, 27/03

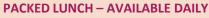






	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Cheese and Tomato Pizza 🔮	Chicken Pie	Roast of the Day	Beef Bolognese 💝 🐲	Breaded Fish
	Served with Peas and Carrots	Served with Mashed Potato and Gravy	Served with Yorkshire Pudding, Roast Potato and Gravy	Served with Wholemeal Pasta, Broccoli and Sweetcorn	Served with Chips, Peas and Beans
Alternative Dish	Chinese Vegetable Noodles 🔮	Macaroni Cheese 🔻	Vegan Sausage Casserole <b>V</b> ₩	Vegetarian Bolognese 👽	Quorn Dippers 🔮
	Served with Peas and Carrots	Served with Sweetcorn and Salad	Served with Carrots and Cabbage	Served with Wholemeal Pasta, Broccoli and Sweetcorn	Served with Chips, Peas and Beans
Third Choice	-	Jacket Potato with Salmon Mayonnaise 🕸	-	-	-
Salads			Freshly Prepared Salads Available every day		
Jacket Potato	Jacket Potato 🤯 🕜 With a choice of fillings	<b>Jacket Potato  ♥ V</b> 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





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 Dily fish Wholegrain Fruity! W Nutritionist's choice

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







**MONDAY** 

**TUESDAY** 

**WEDNESDAY** 

**THURSDAY** 

**FRIDAY** 

**Hot Main Dish** 

Served with Carrot and Cucumber Sticks

Cheese and Tomato Pizza

Mixed Bean Pasta 🐲 😽

Served with Mashed Potato and Gravy

**Pork Sausage** 

Served with Yorkshire Pudding,

Roast Potato and Gravy

Roast of the Day 🤲

Vegetable Pastry Roll 🕜

Served with Wholemeal Rice, Sweetcorn and Green Beans

**Cauliflower and Sweet Potato** Masala 😽 🕜 🦃

Keralan Chicken Curry 890

Served with Wholemeal Rice, Sweetcorn and Green Beans **Breaded Fish** 

Served with Chips, Peas and Beans

Quorn Dippers 🕥

Served with Chips, Peas and Beans

**Alternative Dish** 

Served with Tomato Pizza Bread

Served with Mashed Potato and Gravv

Vegetable Sausage 🧼 🕜

Served with Yorkshire Pudding, Roast Potato and Gravy

> **Freshly Prepared Salads** Available every day

Salads

**Jacket Potato** 

Jacket Potato 🧡 💟 With a choice of fillings

**Carrots and Baked Beans** 

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



Tomato Pasta 😽 🤎 💟

Wholemeal Pasta with homemade Tomato Sauce Available every day

**Vegetables** 

Dessert

**Pasta** 

**Jam Sponge** 

**Sweetcorn and Broccoli** 

**Carrots and Cabbage** 

**Carrots and Fresh Broccoli** 

Sweetcorn and Baked Beans

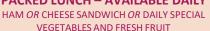
**Chocolate & Banana Marble Cake** 

Oat Chocolate Biscuit served with Apple and Berry Crumble served Fruit Slices

with Custard 🏲 😽

Ice Cream Milkshake with **Shortbread** 





**DESSERT OF THE DAY** 

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











PACKED LUNCH - AVAILABLE DAILY

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







**MONDAY** 

**TUESDAY** 

**WEDNESDAY** 

Roast of the Day

Served with Yorkshire Pudding,

Roast Potato and Gravy

**THURSDAY** 

**FRIDAY** 

**Hot Main Dish** 

Cheese and Tomato Pizza

Pesto Pasta Bake

Served with Peas and Carrots

Served with Peas and Carrots

Sweetcorn Vegetable Chow Mein V

Served with Broccoli and

Sweetcorn

**Chinese Chicken Noodles** 

Served with Broccoli and

**Vegetable Pie** 

Served with Yorkshire Pudding. Roast Potato and Gravy

**Freshly Prepared Salads** Available every day

Cottage Pie 😽 👑

Served with Sweetcorn, Green Beans and Gravy

Vegetarian Cottage Pie 🧼

Served with Sweetcorn, Green Beans and Gravy

**Southern Fried Chicken** 

Served with Chips, Peas and Beans

**Vegan Meatballs in Tomato Sauce** 

**₩ ∨** 

Served with Chips, Peas and Beans

**Alternative Dish** 

Salads

**Jacket Potato** 

Pasta

**Vegetables** 

Dessert

Jacket Potato 💟 😽

With a choice of fillings

Jacket Potato 💟 😽

With a choice of fillings

Jacket Potato 💟 😽

With a choice of fillings

Tomato Pasta 🕜 😽 🐲

Jacket Potato 💟 😽

With a choice of fillings

Jacket Potato 💟 😽

With a choice of fillings

Wholemeal Pasta with homemade Tomato Sauce Available every day

**Carrots and Baked Beans** 

**Ice Cream** 

**Broccoli and Sweetcorn** 

Fruit Flapjack

**Carrots and Cabbage** 

**Fruit Jelly and Custard** 

Internal

**Carrots and Fresh Broccoli** 

**Chocolate Slice with Fruit** 

**Sweetcorn and Baked Beans** 

**Crispy Crackle Bar** 



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

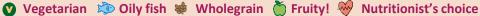














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