

# 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 

Chicken Pie

Served with Mashed Potato  
and Gravy

Roast Turkey

Served with Roast Potatoes  
and Gravy

Beef Bolognese  

Served with Wholemeal Pasta

Breaded Fish

Served with Chips

Alternative Dish

Vegetarian Sausage  

Served with Mashed Potato  
and Gravy

Cheese and Tomato Pizza 

Served with Potato Wedges

Vegan Sausage Casserole  

Served with Carrots and Cabbage


Chinese Vegetable Rice 

Quorn Dippers 

Served with Chips

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  
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 

Strawberry Jelly and Fruit 

Oat Cookie  
with Fruit Slices  

Apple Crumble  
with Custard  

Ice Cream Milkshake with  
Shortbread  
and Fruit Slices 

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

AUTUMN/WINTER 2022



# 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

Hot Main Dish

**Cheese and Tomato Pizza** 🍕🌱

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

**Mixed Bean Pasta** 🌱🐟🍷

Served with  
Tomato Pizza Bread 🍕

**Vegetable Lasagne** 🌱

Served with Garlic and Herb Bread  
Wedge

**Vegetable Pie** 🌱

Served with Mashed Potato  
and Gravy

**Sweet Potato Curry** 🌱🍷🍷

Served with Wholemeal Rice

**Quorn Dippers** 🌱

Served with Chips

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 Peas**

**Sweetcorn and Peas**

**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**  
with Fruit Slices 🍓

**Apple and Berry Crumble**  
served with Custard 🍏🍷

**Strawberry Milkshake**  
served with Fresh Fruit 🍓

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 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	Cheese and Tomato Pizza 🍕🌱 Served with Potato Wedges	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
Alternative Dish	Vegetable Chilli 🌱🍄❤️ Served with Wholemeal Rice	Vegetable Chow Mein 🌱❤️	Vegetable Pastry Roll 🌱 Served with Roast Potatoes and Tasty Gravy	Vegetarian Bolognese 🌱🍄❤️ Served with Wholemeal Pasta	Vegan Meatballs in Tomato Sauce 🌱❤️ Served with Chips
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	Peas and Carrots	Peas and Green Beans	Carrots and Cabbage	Peas and Green Beans	Peas, Carrots and Beans
Dessert	Strawberry Ice Cream and Fruit Slices 🍓	Fruit Flapjack 🍏	Strawberry Jelly with Fruit Slices 🍓	Orange Shortbread and Fruit 🍊	Chocolate Milkshake served with Chocolate Biscuit and Fruit Slices 🍓

## 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

