

FFL Spring/Summer 2019 Menu

Week 1 **St John's**



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Tomato & Mozzarella Pizza <i>with Pasta Salad</i>	Chicken, Pea & Potato Bake	Roast Turkey <i>with Roast Potatoes and Gravy</i>	BBQ Beef Meatballs <i>served with Pasta **</i>	Golden Fish Fingers OR Salmon Fish Fingers *** <i>Breaded Fish Fingers with Chips</i>
Alternative Dish	Chinese Style Veggie Rice	Veggie Hotdog <i>with Jacket Wedges</i>	Quorn Roast <i>with Roast Potatoes with Gravy</i>	**Vegetable Pasta Bolognese **	Quorn Dippers <i>With Chips</i>
	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Vegetables	Broccoli Mixed Salad	Peas Sweetcorn	Carrots Cabbage	Green Beans Sweetcorn	Peas Baked Beans
Desserts	Mango Frozen Yoghurt	Pear Upside Down Cake * <i>with Custard</i>	Flapjack <i>with Fruit Slices *</i>	Berry Chill	Brownie Cake

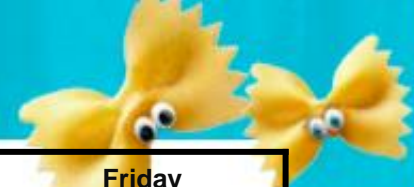
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish



FFL Spring/Summer 2019 Menu

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	BBQ Quorn Burger <i>with Jacket Wedges</i>	Pork Sausages <i>with Creamed Potato</i>	Roast Chicken <i>with Roast Potatoes and Gravy</i>	Pasta Bolognese **	Crispy Fish & Chips <i>Crispy Battered Pollock with Chips</i>
Alternative Dish	Mediterranean Tart (pastry) <i>with Pesto Pasta</i>	Vegetarian Sausages <i>with Creamed Potato</i>	Quorn Roast <i>with Roast Potatoes with Gravy</i>	Mild Chickpea Curry <i>with Rice **</i>	Baked Bean and Cheese Quesadilla <i>(folded tortilla wrap) with Chips</i>
	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Vegetables	Crunchy Coleslaw Mixed Salad	Peas Baked Beans	Cabbage Carrots	Broccoli Sweetcorn	Peas Tomato and Cucumber Salad
Desserts	Chocolate Sponge Cake <i>with Custard</i>	Strawberry Sponge Swirl	Cheese and Biscuits	Melon & Orange Wedges *	Oatie Biscuit <i>with Fruit Slices *</i>

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FFL Spring/Summer 2019 Menu

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mac 'N' Cheese <i>Macaroni Cheese</i>	Chicken and Sweetcorn Pizza <i>with Jacket Wedges</i>	Roast Pork <i>with Roast Potatoes and Gravy</i>	Chinese Chicken Rice	Golden Fish Fingers & Chips <i>Breaded Fish Fingers with Chips</i>
Alternative Dish	Vegetable Korma <i>with Rice **</i>	Shepherdess Pie	Quorn Roast <i>with Roast Potatoes with Gravy</i>	Creamy Pesto Pasta	Bean and Potato Tortilla Wrap <i>with Chips</i>
	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Vegetables	Broccoli Carrots	Peas Crunchy Salad	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Peach Slice	Lemon Drizzle Cake	Blueberry Frozen Yoghurt	Apple and Berry Crumble * <i>with Custard</i>	Chocolate Shortbread <i>with Fruit Slices ***</i>

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily
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