

FFL Autumn Winter 2019 Menu Week 1

St John's

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mac 'N' Cheese <i>Pasta spirals in a tasty cheesy sauce</i>	Chinese Chicken Noodles A classic Chinese chicken noodle dish packed with flavour	Roast Chicken with Roast Potatoes and Gravy Traditional Roast dinner with Roast Chicken	Beef Burger with Potato Wedges A juicy beef burger in a soft bun	Salmon Fish Fingers *** and Chips A classic fish finger lunch Golden Fish Fingers
Alternative Dish	Mexican Bean and Potato Wrap with a Rice side** <i>Tortilla wrap stuffed with fajita seasoned beans and cubed potato in a cheesy tomato sauce</i>	Cheese and Tomato Pizza ** with Potato Wedges Simple but classic!	Quorn Roast with Roast Potatoes and Gravy Traditional vegetarian roast with Quorn	Veggie Pizza Hot Dog with Potato Wedges Two of the favourites combined...a veggie hot dog covered in a Pizza sauce and melted cheese	Cheese and Sweetcorn Omelette with Chips A baked vegetarian omelette
	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Vegetables	Broccoli and Cauliflower Medley Green Beans	Peas Sweetcorn	Carrots Cabbage	Sweetcorn Mixed Salad	Baked Beans Peas
Desserts	Chocolate Slice *	Orange Drizzle Cake	Shortbread Biscuit	Apple and Pear Strudel *	Peach and Chocolate Sponge

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

*Fruit Based **Wholegrain ***Oily Fish



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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Spaghetti Bake A twist on the classic favourite Spaghetti Quorn Bolognese - baked and topped with melted cheese	Chicken and Sweetcorn Pie with Mashed Potato Chicken and sweetcorn in a creamy sauce topped with shortcrust pastry	Roast Beef with Roast Potatoes and Gravy Traditional Roast dinner with Roast Pork	BBQ Beef Meatballs Delicious Texan inspired BBQ beef meatballs in a tomato sauce with pasta spirals**	Fish Fingers and Chips A classic fish finger lunch
Alternative Dish	Cheese and Tomato Pizza ** with Potato Wedges Simple but classic!	Chinese Veggie Noodles Mixed vegetables and noodles coated in a Chinese 5 spice seasoning	Quorn Roast with Roast Potatoes and Gravy Traditional vegetarian roast with Quorn	Butternut Squash and Tomato Bake with a Rice side ** Veggie, tomato bake topped off with golden bread crumbs for an added crunch	Caramelised Red Onion and Mozzarella Tart with Chips Delicious light vegetarian tart
	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Vegetables	Sweetcorn Broccoli	Peas Roasted Peppers and Sweetcorn	Cabbage Carrots	Green Beans Broccoli and Cauliflower Medley	Baked Beans Peas
Desserts	Mango Frozen Yoghurt	Plum and Apple Shortcake Crumble* with Custard	Flapjack with Fruit Slices *	Chocolate Cake	Raspberry Yoghurt Cake

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FFL Autumn Winter 2019 Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** with Potato Wedges Simple but classic!	Pork Sausages with Mashed Potato and Gravy Simple but classic...sausage and mash	Roast Turkey with Roast Potatoes and Gravy Traditional Roast dinner with Roast Turkey	Beef Bolognese ** A classic Italian beef Bolognese	Crispy Fish & Chips with Chips Traditional fish and chips dinner
Alternative Dish	BBQ Quorn Burger with Potato Wedges Quorn burger served in a bun with lettuce, tomato slice and BBQ sauce	Vegetarian Sausages with Mashed Potato and Gravy A classic Quorn sausage and mash	Quorn Roast with Roast Potatoes and Gravy Traditional vegetarian roast with Quorn	Mild Sweet Potato Curry with a Rice side ** A mild Indian sweet potato and chickpea Tikka Masala	Tomato and Quorn Wrap with Chips A filled soft tortilla wrap folded into the shape of a cone
	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Vegetables	Carrots Peas	Roasted Peppers and Sweetcorn Green Beans	Cabbage Carrot and Swede Mash	Broccoli Mediterranean Vegetables	Peas Baked Beans
Desserts	Creamy Baked Orange and Vanilla Rice Pudding	Oatie Biscuit with Fruit Slices *	Strawberry Frozen Yoghurt	Chocolate and Raspberry Swirl Cake with Custard	Banana and Cinnamon Cake *

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

*Fruit Based **Wholegrain ***Oily Fish

