

FFL THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 18/04, 09/05, 06/06, 27/06,
18/07, 29/08, 19/09, 10/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main 1

Mexican Vegetable Burrito

BBQ Veggie Burger in a Bun, Corn & Pineapple
Relish with Potato Wedges

Roast Chicken with Roast Potatoes & Gravy

Sweet Potato Curry with Rice

Battered Fish Fillet or Plant Ball Sub
& Chips

Hot Main 2

Macaroni Cheese Pasta

Allegra's BBQ Chicken in a Bun, Corn & Pineapple Relish with Potato Wedges

Butternut Squash & Vegetable Bake, Roast Potatoes & Gravy

Chinese Veggie Noodles

Organic Beef Bolognese with Pasta

Schools Choice

Jacket Potato with Tuna Mayo, Cheese, Coleslaw, Beans or Tomato Pasta or Sandwich/Baguette

Vegetables

Green Beans & Sweetcorn

Peas & Broccoli

Carrots & Cabbage

Broccoli & Sweetcorn

Baked Beans & Peas

Salads

Coleslaw, Carrot, Tomato, Cucumber, Lettuce

Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Desserts

Organic Yoghurt with Fresh Fruit Slices
Or
Raspberry Yoghurt Cake with Fresh Fruit Slices

Organic Yoghurt with Fresh Fruit Slices
Or
Crispy Crackle Bar with Fresh Fruit Slices

Organic Yoghurt with Fresh Fruit Salad
Or
Cheese & Biscuits with Apple & Grapes

Bowl of Seasonal Fresh Fruit
Or
Shortbread Biscuit with Fresh Fruit Salad

Organic Yoghurt with Fresh Fruit Slices
Or
Ripple Ice Cream with Fresh Fruit Slices

Organic Milk or Water & Freshly Baked Bread available daily

We offer medical diet and allergen support, please speak to your school office in the first instance. Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice
 Vegan

SPRING/SUMMER 2022



WEEK 2 MENU

W/C: 25/04, 16/05, 13/06, 04/07,
05/09, 26/09, 17/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPRING/SUMMER 2022

Hot Main 1	Mild Smoky Bean & Vegetable Chilli with Rice 🌱 VE 🍷	Vegetable Biryani 🌱 🌾 🍷	Roast Turkey with Roast Potatoes & Gravy	Veggie Balls in Tomato Sauce with Pasta 🌱 🌾 🍷	Golden Fish Fingers or Veggie Hotdog 🌱 & Chips
Hot Main 2	Cheese & Tomato Pizza with Skin on Wedges 🌱 🌾	Allegra's Asian Sticky Chicken Noodles Jacket Potato with Salmon Mayo 🐟	Creamy Vegetable Pie with Roast Potatoes & Gravy 🌱	Mild Chickpea and Potato Curry with Rice 🌱 VE 🌾 🍷	Jerk Chicken with Rice
Schools Choice	Jacket Potato 🌱 🍷 with Tuna Mayo, Cheese, Coleslaw or Beans, or Tomato Pasta 🌱 🌾 or Sandwich/Baguette 🌱				
Vegetables	Sweetcorn & Roast Vegetables	Peas & Broccoli	Carrots & Cabbage	Green Beans & Sweetcorn	Baked Beans & Peas
Salads	Coleslaw, Carrot, Tomato, Cucumber, Lettuce	Cous Cous Salad Sweetcorn, Tomato, Cucumber, Lettuce	Noodle Salad,, Peppers, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce
Desserts	Organic Yoghurt with Fresh Fruit Slices 🍏 Or Banana & Apricot Flapjack with Fruit Slices 🍏 VE	Organic Yoghurt with Fresh Fruit Slices 🍏 Or Apple & Berry Oaty Crumble 🍏 VE & Custard	Organic Yoghurt with Fresh Fruit Salad 🍏 Or Cheese & Biscuits with Apple & Grapes	Bowl of Seasonal Fresh Fruit 🍏 Or Chocolate Slice with Fresh Fruit Salad	Organic Yoghurt with Fresh Fruit Slices 🍏 Or Vanilla Ice Cream with Fresh Fruit Slices

Organic Milk or Water & Freshly Baked Bread available daily

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🌱 Vegetarian 🐟 Oily fish 🌾 Wholegrain 🍏 Fruity! 🍷 Nutritionist's Choice
VE Vegan



WEEK 3 MENU

W/C: 02/05, 23/05, 20/06, 11/07, 12/09, 03/10



MONDAY



TUESDAY



WEDNESDAY

THURSDAY





FRIDAY



Hot Main 1

Vegetable Sausages & Mash with Gravy  



Veggie Lasagne with Garlic Bread Wedge  

Roast Beef with Roast Potatoes & Gravy



Creamy Veggie Korma Curry with Rice    




Golden Fish Fingers or Soft Vegetable Taco   & Chips

Hot Main 2

Veg Supreme Pizza & Skin on Wedges  






Allegra's Chilli Con Chicken & Sweet Potato Bake 

Butternut Squash & Potato Pastry Slice with Roast Potatoes & Gravy  

Veg Bolognese with Pasta   

BBQ Chicken Wrap with Cous Cous

Schools Choice

Jacket Potato   with Tuna Mayo, Cheese, Coleslaw or Beans, or Tomato Pasta   or Sandwich/Baguette 

Vegetables

Sweetcorn & Broccoli

Peas & Cauliflower

Carrots & Cabbage

Green Beans & Sweetcorn

Baked Beans & Peas

Salads

Coleslaw, Carrot, Tomato, Cucumber, Lettuce




Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce



Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce


Potato Salad, Carrot, Tomato, Cucumber, Lettuce




Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce


Desserts

Organic Yoghurt with Fresh Fruit Slices 
Or
Oatie Biscuit  
with Fresh Fruit Slices

Organic Yoghurt with Fresh Fruit Slices 
Or
Apple and Carrot Cake with Fresh Fruit Slices 

Organic Yoghurt with Fresh Fruit Salad 
Or
Cheese and Biscuits with Apples & Grapes

Bowl of Seasonal Fresh Fruit 
Or
Berry Flapjack  
with Fresh Fruit Slices

Organic Yoghurt with Fresh Fruit Slices 
Or
Strawberry Ice Cream with Fresh Fruit Slices

Organic Milk or Water & Freshly Baked Bread available daily

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 **Vegetarian**  **Oily fish**  **Wholegrain**  **Fruity!**  **Nutritionist's Choice**
VE **Vegan**

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