

FFL Autumn Winter 2019 Menu Week 1

28/10 18/11 09/12 13/01 03/02 09/03 30/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mac 'N' Cheese <i>Pasta spirals in a tasty cheesy sauce</i>	Chinese Chicken with a Rice side** Zingy Chinese Lemon & Ginger Chicken	Roast Turkey with Roast Potatoes and Gravy Traditional Roast dinner with Roast Turkey	Beef Tortilla Pie with a Rice side** Beef mince layered onto tortilla wraps, stacked, baked and topped with gooey cheese	Salmon Fish Fingers*** and Chips A classic fish finger lunch
Alternative Dish	Quorn Spanish Rice** A Spanish flavoured rice dish with Quorn mince, beans, peas, peppers and tomato	Cheese and Tomato Pizza** with Potato Wedges Simple but classic!	Quorn Roast with Roast Potatoes and Gravy Traditional vegetarian roast with Quorn	Tomato and Basil Pasta** A simple, no fuss pasta dish with a tomato and basil sauce	Caramelised Red Onion and Mozzarella Tart with Chips Delicious light vegetarian tart
Vegetables	Broccoli and Cauliflower Medley Green Beans	Peas Carrots	Carrots Cabbage	Sweetcorn Mediterranean Vegetables	Baked Beans Peas
Desserts	Fruity Apricot Bar*	Orange Drizzle Cake	Shortbread Biscuit	Banana and Berry Cobbler* with Custard	Raspberry Ripple Cake

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

*Fruit Based **Wholegrain ***Oily Fish



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<p>Spaghetti Bake A twist on the classic favourite Spaghetti Quorn Bolognese - baked and topped with melted cheese</p>	<p>Chicken and Sweetcorn Pie with Mashed Potato (pastry) Chicken and sweetcorn in a creamy sauce topped with shortcrust pastry</p>	<p>Roast Beef with Roast Potatoes and Gravy Traditional Roast dinner with Roast Beef</p>	<p>BBQ Beef Meatballs with Rice** Delicious Texan inspired BBQ beef meatballs in a tomato sauce with Rice</p>	<p>Fish Fingers and Chips A classic fish finger lunch</p>
Alternative Dish	<p>Vegetable Supreme Pizza** with Potato Wedges Margherita pizza topped with peppers, sweetcorn and tomato</p>	<p>Chinese Veggie Noodles Mixed vegetables and noodles coated in a Chinese 5 spice seasoning</p>	<p>Cheese & Potato Bake Slices of potato baked in a cheese sauce with a golden finish</p>	<p>Butternut Squash and Tomato Bake with a Rice side** Veggie, tomato bake topped off with golden bread crumbs for an added crunch</p>	<p>Quorn Dippers Tasty Quorn dippers with chips</p>
Vegetables	<p>Broccoli Green Beans</p>	<p>Peas Roasted Peppers and Sweetcorn</p>	<p>Carrots Cabbage</p>	<p>Sweetcorn Broccoli and Cauliflower Medley</p>	<p>Baked Beans Peas</p>
Desserts	<p>Chocolate Cake Slice* (Chocolate Slice)</p>	<p>Plum and Apple Shortcake Crumble*</p>	<p>Fruity Picnic Bar*</p>	<p>Bread and Butter Pudding with Custard</p>	<p>Banana Loaf</p>

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

*Fruit Based **Wholegrain ***Oily Fish



FFL Autumn Winter 2019 Menu

Week 3

11/11, 2/12, 6/1, 27/1, 2/3, 23/3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza** with Potato Wedges Simple but classic!	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 Bolognese** A classic Italian beef Bolognese	Herby Baked Fish with Chips Baked fish with a herb and lemon crust
Alternative Dish	Vegetarian Sausages with Mashed Potato and Gravy A classic Quorn sausage and mash	Matar Paneer with Rice A classic veggie Indian dish with peas and paneer cheese	Vegetable Pastry Slice with Roast Potatoes and Gravy A tasty mix of vegetables wrapped in delicious puff pastry	Vegetable Lasagne with a Garlic & Herb Bread Wedge ** A classic Italian layered pasta dish made with mixed vegetables	Tomato and Quorn Wrap with Chips A filled soft tortilla wrap folded into the shape of a cone
Vegetables	Carrots Peas	Roasted Peppers and Sweetcorn Green Beans	Cabbage Carrot and Swede Mash	Broccoli Mediterranean Vegetables	Peas Baked Beans
Desserts	Orange Shortbread	Apple and Pear Strudel* (pastry)	Cheese & Biscuits With Cheddar	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					

