

# Primary FFL Autumn Winter 2020 Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<p><b>Cheese and Tomato Pizza **</b> <i>with Dough Balls (V)</i></p> <p><i>Or</i></p> <p><b>Vegetable Supreme Pizza **</b></p> <p>Cheesy Tomato Topped Pizza Slice</p>	<p><b>Chicken Korma</b> <i>with a Rice side</i></p>	<p><b>Roast Chicken</b> <i>with Roast Potatoes and Gravy</i></p> <p>Succulent roast chicken with fluffy roasties and tasty gravy</p>	<p><b>Lamb Bolognese **</b></p> <p>A classic Italian Lamb Bolognese in a yummy tomato sauce</p>	<p><b>Herby Roast Fish</b> 93076160</p> <p>Roast fish with a herb and lemon crust</p> <p>With Chips</p>
<b>Alternative Dish</b>	<p><b>Burrito (V)</b></p> <p>A soft wrap filled with lightly spiced veggies and rice</p>	<p><b>Baked Macaroni (V)</b></p> <p>Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce</p>	<p><b>Sweet Potato and Chickpea Roast</b> <i>with Roast Potatoes and Gravy (V)</i></p> <p>A chunky sweet potato and chickpea roast</p>	<p><b>Butternut Squash and Tomato Bake</b></p> <p>Cheesy vegetable bake with a crunchy top</p>	<p><b>Quorn Nuggets and Chips (V)</b></p> <p>Crispy Quorn nuggets with their fave sauce – ketchup</p>
<b>Third Choice</b>		<p><b>Jacket Potato with Salmon Mayonnaise ***</b></p>			
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b>				
<b>Vegetables</b>	<p><b>Coleslaw</b> <b>Sweetcorn</b></p>	<p><b>Peas</b> <b>Broccoli</b></p>	<p><b>Carrots</b> <b>Cabbage</b></p>	<p><b>Broccoli</b> <b>Sweetcorn</b></p>	<p><b>Baked Beans</b> <b>Peas</b></p>
<b>Desserts</b>	<p><b>Secret Brownie</b></p>	<p><b>Raspberry Ripple Ice Cream</b></p>	<p><b>Banana Oat Bite*</b></p>	<p><b>Summer Berry &amp; Peach Oaty Crumble*</b> <i>with Custard</i></p>	<p><b>Apricot &amp; Carrot Slice</b></p>

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

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (V) Vegetarian



# Primary FFL Autumn Winter 2020 Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>POP UP MONDAY</b>  Mediterranean Tart with New Potatoes	<b>Chicken Tikka Masala with Rice **</b>  Succulent chicken in a mild curry sauce	<b>Roast Beef with Roast Potatoes and Gravy</b>  Roast Beef with fluffy roasties and tasty gravy	<b>Lasagne with a Garlic &amp; Herb Bread Wedge **</b>  A classic Italian layered pasta dish with beef mince	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Mild Chickpea &amp; Potato Curry with a Rice side ** (V)</b>  A tasty chick pea and potato masala	<b>Baked Macaroni (V)</b>  Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Pastry Slice with Roast Potatoes and Gravy (V) (pastry)</b>  Pumpkin and potatoes wrapped in flaky pastry	<b>Vege Balls In Tomato Sauce with Pasta **</b>  Vege Balls in a tomato sauce with pasta	<b>Soft Taco and Chips (V)</b>  A soft taco shell filled with a yummy veggie tomato chilli
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b>				
<b>Vegetables</b>	Sweetcorn Broccoli and Cauliflower Medley	Broccoli Peas	Cabbage Carrots	Sweetcorn Broccoli	Peas Baked Beans
<b>Desserts</b>	<b>Creamy Peach Rice Pudding</b>	<b>Apple &amp; Carrot Yoghurt Muffin *</b>	<b>Strawberry Ice Cream</b>	<b>Chocolate Cake</b>	<b>Oatie Biscuit with Fruit Slices *</b>
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					



# Primary FFL Autumn Winter 2020 Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Chinese Veggie Noodles (V)</b>  Fragrant egg noodles with stir fried vegetables	<b>Sausage and Mash with Gravy</b>  Chicken Sausages and Mash with rich Gravy	<b>Roast Lamb with Roast Potatoes and Gravy</b>  Moist roast Lamb with fluffy roasties and tasty gravy	<b>Pasta Bolognese **</b>  A classic Italian beef Bolognese in a yummy tomato and beef sauce	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Cheese and Tomato Pizza ** with Dough Balls (V)</b>  Cheesy Tomato Topped Pizza Slice	<b>Sausage and Mash with Gravy (V)</b>  Fluffy mash with veggie sausages and rich gravy	<b>Country Vegetable Pie (V) (pastry)</b>  Creamy vegetable pie with a shortcrust topper	<b>Quorn Bolognese **(V)</b>  Penne pasta in a yummy tomato and Quorn sauce	<b>Beany Burger with Chips (V)</b>  A delicious homemade beany burger
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b>				
<b>Vegetables</b>	<b>Sweetcorn Broccoli</b>	<b>Peas Carrots</b>	<b>Carrots Cabbage</b>	<b>Sweetcorn Broccoli</b>	<b>Baked Beans Peas</b>
<b>Desserts</b>	<b>Raspberry Yoghurt Cake</b>	<b>Peach Shortbread Pudding * with Custard</b>	<b>Flapjack with Fruit Slices *</b>	<b>Chocolate Apricot Brownie</b>	<b>Vanilla Ice Cream</b>
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

