

FFL Spring/Summer 2018 Menu

Week 1 16/4 7/5 4/6 25/6 16/7 3/9 24/9 15/10



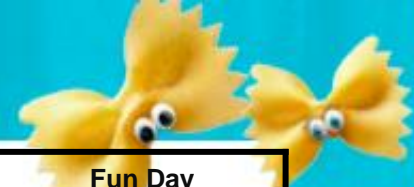
	Mediterranean	Family Favourites	Traditional	Global Adventure	Fun Day
Hot Main Dish	Mozzarella & Tomato Pizza ** <i>with Pasta Salad **</i>	Chicken Mayo Burger <i>with Jacket Wedges</i>	Roast Pork <i>with Roast Potatoes & Gravy</i>	Beef Chilli <i>with Rice **</i>	Crispy Fish & Chips <i>Crispy Battered Pollock with Chips</i>
Alternative Dish	Mediterranean Summer Beans <i>with Rice *</i>	Cheese & Onion quiche	Quorn Roast <i>with Roast Potatoes with Gravy</i>	Macaroni, Sweetcorn and Cheese Bake	Veggie Hot Dog <i>with Chips</i>
Vegetables	Crunchy Salad Peas	House Coleslaw Sweetcorn	Seasonal Cabbage Carrots	Broccoli Cauliflower	Baked Beans Peas
Desserts	Wedges of Melon * and Orange	Mini Chocolate Brownie * <i>with Banana and Custard</i>	Blueberry Frozen Yoghurt	Berry Flapjack	Orange Shortbread <i>with Yoghurt Dipper</i>

Jacket Potato with a choice of filling available daily
Sandwiches with a filling of either Ham, Cheese or Tuna available on Monday, Tuesday and Thursday
Cool Water, Fresh Fruit and Yoghurt served daily
*Fruit Based **Wholegrain ***Oily Fish



FFL Spring/Summer 2018 Menu

Week 2 23/4 14/5 11/6 2/7 10/9 1/10



	Mediterranean	Family Favourites	Traditional	Global Adventure	Fun Day
Hot Main Dish	Mac 'N' Cheese <i>Macaroni Cheese</i>	Pork Sausages <i>with Creamy Mash and Gravy</i>	Roast Turkey <i>with Roast Potatoes and Gravy</i>	Savoury Beef mince and vegetables <i>with Rice**</i>	Golden Fish Fingers & Chips <i>Breaded Fish Fingers with Chips</i>
Alternative Dish	Vegetarian Moussaka <i>with Garlic & Herb Bread Wedge **</i>	Vegetarian Sausages <i>with Creamy Mash and Gravy</i>	Cauliflower and Broccoli Cheese Bake <i>with Roast Potatoes and Gravy</i>	Creamy Tomato and Basil Pasta **	Bean Burger in a Bun <i>and Tomato Relish with Chips</i>
Vegetables	Broccoli Sweetcorn	Carrots Seasonal Cabbage	Peas Roasted Vegetables	Carrots Green Beans	Baked Beans Crunchy Light Coleslaw
Desserts	Vanilla Ice Cream	Chocolate and Banana Mousse Pot *	Oatie Biscuit with Fruit Slices *	Carrot & Banana Slice with Custard	Strawberry Jelly

Jacket Potato with a choice of filling available daily

Sandwiches with a filling of either Ham, Cheese or Tuna available on Monday, Tuesday and Thursday

Cool Water, Fresh Fruit and Yoghurt served daily

*Fruit Based **Wholegrain ***Oily Fish



FFL Spring/Summer 2018 Menu

Week 3 30/4 21/5 18/6 9/7 17/9 8/10



	Mediterranean	Family Favourites	Traditional	Global Adventure	Fun Day
Hot Main Dish	Cheesy Pizza Bianca ** <i>with Jacket Wedges</i>	Chinese Chicken noodles <i>with Rice **</i>	Roast Chicken <i>with Roast Potatoes and Gravy</i>	Pasta Bolognese **	Salmon Fish Fingers or Fish Fingers *** <i>with Chips</i>
Alternative Dish	Vegetarian Bolognese **	Quorn Frankfurter Pasta Bake	Country Vegetable Pie <i>with Gravy</i>	Vegetable Frittata <i>with Rice **</i>	Bean and Pepper Fajita <i>with Chips</i>
Vegetables	Peas Apple Slaw	Broccoli Carrots	Seasonal Cabbage Sweetcorn	Green Beans Roast Mediterranean Veg	Baked Beans Peas
Desserts	Mango Frozen Yoghurt	Peach Crumble <i>with Custard *</i>	Wedges of Pear, Apple & Orange *	Chocolate and Gingerbread Bite With Fruit Slices	Strawberry Cheesecake

Jacket Potato with a choice of filling available daily
Sandwiches with a filling of either Ham, Cheese or Tuna available on Monday, Tuesday and Thursday
Cool Water, Fresh Fruit and Yoghurt served daily
*Fruit Based **Wholegrain ***Oily Fish

