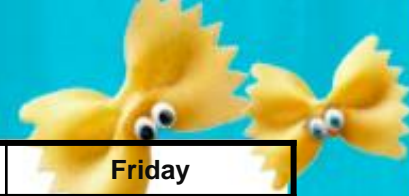


# Staffordshire FFL Choice Spring/Summer 2019 Menu Week 1

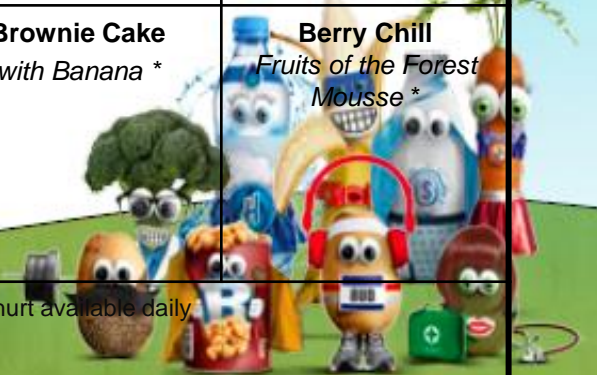
W/C 29/04 20/05 17/06 08/07 09/09 30/09 21/10



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Mac 'N' Cheese</b> <i>Macaroni Cheese</i>	<b>Chicken &amp; Potato Bake</b>	<b>Roast Turkey</b> <i>with Roast Potatoes and Gravy</i>	<b>BBQ Beef Meatballs</b> <i>with Wholegrain Rice **</i>	<b>Golden Cod Fish Fingers</b> <b>or</b> <b>Salmon Fish Fingers ***</b> <i>with Chips</i>
<b>Alternative Dish</b>	<b>Chinese Style Veggie Noodles</b>	<b>Vegetable Pasta Bolognese **</b>	<b>Tomato &amp; Basil Pasta</b> <i>with Roast Potatoes</i>	<b>Sweetcorn Stack</b> (Layered Tortilla Bake) <i>with Wholegrain Rice **</i>	
<b>Additional Options</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw.</i> <b>Selection of Sandwiches</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw.</i> <b>Selection of Sandwiches</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw.</i> <b>Selection of Sandwiches</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw.</i> <b>Selection of Sandwiches</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw.</i> <b>Selection of Sandwiches</b>
<b>Vegetables</b>	<b>Broccoli Sweetcorn</b>	<b>Carrot Baked beans</b>	<b>Carrots Cabbage</b>	<b>Sweetcorn Roasted Seasonal Vegetables</b>	<b>Peas and Carrots Baked Beans</b>
<b>Desserts</b>	<b>Ice Cream</b> <i>with Fruit Slices *</i>	<b>Pineapple and Peach Crumble *</b> <i>with Custard</i>	<b>Flapjack</b> <i>with Fruit Slices *</i>	<b>Brownie Cake</b> <i>with Banana *</i>	<b>Berry Chill</b> <i>Fruits of the Forest Mousse *</i>

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

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish



# Staffordshire FFL Choice Spring/Summer 2019 Menu Week 2

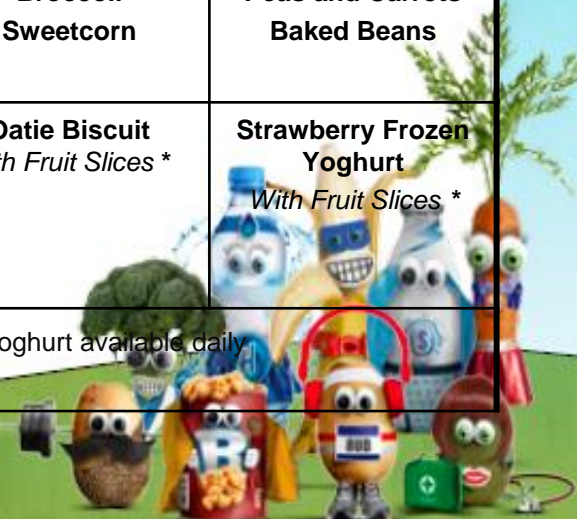
W/C 06/05 03/06 24/06 15/07 16/09 07/10



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Mac 'N' Cheese</b> <i>Macaroni Cheese with Pasta Salad</i>	<b>Pork Sausages</b> <i>with Creamed Potato</i>	<b>Roast Chicken</b> <i>with Roast Potatoes and Gravy</i>	<b>Beef Burger</b> <i>In a Bun</i>	<b>Crispy Battered Fish</b> <i>(Crispy Battered Pollock) with Chips</i>
<b>Alternative Dish</b>	<b>BBQ Quorn Burger</b> <i>with Pasta Salad</i>	<b>Vegetarian Sausages</b> <i>with Creamed Potato</i>	<b>Vegetarian Lasagne</b>	<b>Tomato &amp; Basil Pasta **</b>	<b>Baked Bean and Cheese Wrap</b> <i>(Folded Tortilla Wrap) with Chips</i>
<b>Additional Options</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw. Selection of Sandwiches</i>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw. Selection of Sandwiches</i>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw. Selection of Sandwiches</i>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw. Selection of Sandwiches</i>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw. Selection of Sandwiches</i>
<b>Vegetables</b>	<b>Sweetcorn Peas</b>	<b>Roasted Peppers and Sweetcorn Baked Beans</b>	<b>Cabbage Carrots</b>	<b>Broccoli Sweetcorn</b>	<b>Peas and Carrots Baked Beans</b>
<b>Desserts</b>	<b>Banana and Apricot Flapjack *</b>	<b>Sponge Cake with Pears *</b> <i>with Custard</i>	<b>Sponge Cake with Fruit Slice *</b>	<b>Oatie Biscuit with Fruit Slices *</b>	<b>Strawberry Frozen Yoghurt</b> <i>With Fruit Slices *</i>

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

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish



# Staffordshire FFL Choice Spring/Summer 2019 Menu Week 3

W/C 13/05 10/06 01/07 02/09 23/09 14/10



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Mac 'N' Cheese</b> <i>Macaroni Cheese</i>	<b>Chicken and Sweetcorn Pizza</b> <i>with Pasta Salad</i>	<b>Roast Pork</b> <i>with Roast Potatoes and Gravy</i>	<b>Beef Burger</b> <i>In a Bun</i>	<b>Golden Cod Fish Fingers</b> <i>with Chips</i>
<b>Alternative Dish</b>	<b>Chinese Style Vegetable Noodles</b>	Tomato & Basil Pasta **	<b>Quorn Roast</b> <i>with Roast Potatoes and Gravy</i>		
<b>Additional Options</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw.</i> <b>Selection of Sandwiches</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw.</i> <b>Selection of Sandwiches</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw.</i> <b>Selection of Sandwiches</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw.</i> <b>Selection of Sandwiches</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw.</i> <b>Selection of Sandwiches</b>
<b>Vegetables</b>	<b>Peas</b> <b>Mediterranean Vegetables</b>	<b>Roasted Summer Vegetable Medley</b> <b>Sweetcorn</b>	<b>Carrots</b> <b>Cabbage</b>	<b>Broccoli</b> <b>Sweetcorn</b>	<b>Baked Beans</b> <b>Peas and Carrots</b>
<b>Desserts</b>	<b>Oatie Biscuits</b>	<b>Crunchy Chocolate Biscuit</b> <i>with Fruit Slices *</i>	<i>Ice-Cream with Fruit Slices *</i>	<b>Apple and Berry Crumble *</b> <i>with Custard</i>	<b>Chocolate Shortbread</b> <i>with Fruit Slices *</i>

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

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish

