

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 09/05 30/05 20/06 11/07



MONDAY

TUESDAY


WEDNESDAY

THURSDAY



FRIDAY


Hot Main Dish

Cheese and Tomato Pizza with Potato Wedges  
Cheesy tomato topped pizza slice


Macaroni Cheese 
Traditional Mac 'N' Cheese, delicious macaroni in a creamy cheese sauce.


Roast Chicken with Roast Potatoes and Gravy
Succulent roast chicken with fluffy roasties and tasty gravy



Bacon All Day Breakfast with Potato Wedges  
A yummy all day breakfast with bacon and potato wedges

Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips
Or Quorn Nuggets and Chips 
Crispy Quorn nuggets

Salads

A Selection of Fresh Salads 
Including cucumber, tomato, carrot sticks and sweetcorn


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Including cucumber, tomato, carrot sticks and sweetcorn



Jacket Potato

Jacket Potato with a choice of fillings 



Jacket Potato with salmon mayonnaise and a choice of fillings 



Jacket Potato with a choice of fillings  



Jacket Potato with a choice of fillings  



Jacket Potato with a choice of fillings  



Vegetables

Green Beans and Sweetcorn  

Peas and Broccoli  

Carrots and Cabbage  

Broccoli and Sweetcorn  

Baked Beans, Carrots and Peas  

Desserts

Raspberry Ripple Ice Cream with Fruit Slices

Secret Brownie with Fruit Slices

Shortbread Biscuit with Fruit Slices

Berry and Peach Oaty Crumble with Custard

Orange, Sultana and Carrot Slice with Fruit Slices

SPRING/SUMMER 2022

PACKED LUNCH—AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice

WEEK 2 MENU

W/C: 25/04 16/05 06/06 27/06
18/07



MONDAY


TUESDAY

WEDNESDAY

THURSDAY



FRIDAY


Hot Main Dish

 **Cheese and Tomato Pizza**
Penne pasta in a yummy tomato sauce


Sausage and Mash with Gravy
Sausage and mash with rich gravy



Roast Turkey with Roast Potatoes and Gravy
Succulent roast turkey with fluffy roasties and tasty gravy


  **Beef Bolognese**
A classic Italian Bolognese in a yummy tomato sauce.


Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips
Or Quorn Dippers with Chips
Crispy Quorn dippers with their fave sauce – ketchup 


Salads

 **A Selection of Fresh Salads**
Including cucumber, tomato, carrot sticks and sweetcorn


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Including cucumber, tomato, carrot sticks and sweetcorn 


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 **A Selection of Fresh Salads**
Including cucumber, tomato, carrot sticks and sweetcorn


Jacket Potato

 **Jacket Potato**
With a choice of fillings



 **Jacket Potato**
With a choice of fillings



 **Jacket Potato**
With a choice of fillings



 **Jacket Potato**
With a choice of fillings 



 **Jacket Potato**
With a choice of fillings

Vegetables

  **Carrots and Sweetcorn**

  **Peas and Broccoli**



  **Carrots and Cabbage**



  **Green Beans and Sweetcorn**



  **Baked Beans, Carrots and Peas**

Desserts

  **Flapjack**
with Fruit Slices

  **Peach Shortbread Pudding**
and Custard

  **Raspberry Yoghurt Cake**
with Fruit Slices

  **Fruity Chocolate Brownie**
with Fruit Slices

  **Vanilla Ice Cream**
with Fruit Slices



PACKED LUNCH—AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL
WITH VEG STICKS AND FRESH FRUIT OR
BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD,
YOGHURT & FRESH FRUIT

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

WEEK 3 MENU

W/C: 02/05 23/05 13/06 04/07



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


Hot Main Dish


Salads



Jacket Potato

Vegetables

Desserts


All Day Breakfast 
A yummy all day breakfast with
bacon and potato wedges



A Selection of Fresh Salads
Including cucumber, tomato,
carrot sticks and sweetcorn 

Jacket Potato 
With a choice of fillings 

Peas and Carrots

Oatie Biscuit
with Fruit Slices


Macaroni Cheese 
Traditional Mac 'N' Cheese,
delicious macaroni in a creamy
cheese sauce.


A Selection of Fresh Salads 
Including cucumber, tomato,
carrot sticks and sweetcorn 


Jacket Potato
With a choice of fillings

Sweetcorn and Broccoli

Apple and Carrot
Yoghurt Muffin


Roast Turkey 
with Roast Potatoes and Gravy
Roast turkey with fluffy roasties
and tasty gravy


A Selection of Fresh Salads 
Including cucumber, tomato,
carrot sticks and sweetcorn


Jacket Potato 
With a choice of fillings


Carrots and Cabbage

Strawberry Ice Cream
with Fruit Slices



Beef Meatballs in Tomato Sauce 
with Pasta
A soft wrap filled with fresh beef
and rice


A Selection of Fresh Salads 
Including cucumber, tomato,
carrot sticks and sweetcorn



Jacket Potato 
With a choice of fillings

Green Beans and Sweetcorn 

Chocolate Sponge Cake
with Fruit Slices

Golden Fish Fingers and Chips
Crispy fish fingers and
scrummy chips 
Or Quorn Dippers with Chips
Crispy Quorn dippers with their
fave sauce – ketchup 

A Selection of Fresh Salads 
Including cucumber, tomato,
carrot sticks and sweetcorn

Jacket Potato 
With a choice of fillings 

Baked Beans, Carrots and Peas

Banana and Apricot Flapjack
with Fruit Slices

PACKED LUNCH—AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL
WITH VEG STICKS AND FRESH FRUIT OR
BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD,
YOGHURT & FRESH FRUIT

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice