

FFL THREE WEEK MENU

THREE WEEK MENU

AUTUMN/WINTER 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C 31/10, 21/11, 12/12, 02/01, 23/01, 13/02, 06/03, 27/03

Chartwells
So much more than Fantastic Food



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese 

Served with two vegetables

Cheese and Tomato Pizza

Served with potato wedges

Roast Turkey

Served with two vegetables, Roast Potatoes and Gravy

Beef Bolognese  

Served with Wholemeal Pasta, and two vegetables

Breaded Fish or Quorn Dippers

Served with Chips and three vegetables

Salads

Freshly Prepared Salads
Available every day



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

Pasta

Tomato Pasta



Wholemeal Pasta with homemade Tomato Sauce
Available every day

Vegetables

Carrots and Peas

Sweetcorn and Fresh Salad

Carrots and Cabbage  

Fresh Broccoli and Sweetcorn  

Peas and Beans  

Dessert

Vanilla Ice Cream with fruit slices

Hot Chocolate Sponge with Chocolate Custard and fruit slices

Oat Cookie with Fruit Slices

Apple Crumble with Custard

Ice Cream Milkshake with Shortbread and fruit slices

PACKED LUNCH – AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT



Vegetarian



Oily fish



Wholegrain



Fruity!



Nutritionist's choice

Internal

AUTUMN/WINTER 2022

WEEK 2 MENU

W/C 07/11, 28/11, 19/12, 09/01, 30/01, 20/02, 13/03, 03/04

Chartwells
So much more than Fantastic Food



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Bacon, All day Breakfast Served with scrambled eggs and baked beans	Pork Sausages Served with mashed potato, two vegetables and gravy	Roast Gammon Served with Yorkshire Pudding, Mashed Potato, two vegetables and Gravy	Keralan Chicken Curry Served with Wholemeal Rice, and two vegetables	Breaded Fish Or Quorn Dippers Served with Chips, Peas and Beans
Salads	Freshly Prepared Salads Available every day				
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
Pasta	Tomato Pasta Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Carrot and Cucumber sticks	Peas and Broccoli	Carrots and Cabbage	Sweetcorn and Green Beans	Peas and Beans
Dessert	Jam Sponge with fruit slices	Banana and Apricot Flapjack served with Fresh Fruit	Chocolate Ice Cream with fruit slices	Apple and Berry Crumble served with Custard	Strawberry Milkshake served with Fresh Fruit



PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT



Vegetarian



Oily fish



Wholegrain



Fruity!



Nutritionist's choice

Internal

WEEK 3 MENU

W/C 14/11, 05/12, 26/12, 16/01, 06/02, 27/02,
20/03, 10/04



MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Cheese and Tomato Pizza Served with potato wedges	Bacon, All day Breakfast Served with scrambled eggs and baked beans	Roast Turkey Served with two vegetables, Roast Potatoes and Gravy	Cottage Pie Served with two vegetables	Southern Fried Chicken Served with Chips and three vegetables
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
Pasta	Tomato Pasta  Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Peas and Carrots	Broccoli and Sweetcorn	Carrots and Cabbage	Sweetcorn and Green Beans	Peas and Beans
Dessert	Strawberry Ice Cream with fruit slices	Fruit Flapjack bar	Fruit Jelly and Custard	Orange, Sultana and Carrot Slice	Chocolate Milkshake served with Chocolate Biscuit and fruit slices



PACKED LUNCH – AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT



Vegetarian



Oily fish



Wholegrain



Fruity!



Nutritionist's choice

Internal