

WEEK 1

WEEK COMMENCING 3rd Nov, 24th Nov,
15th Dec, 19th Jan, 9th Feb, 2nd Mar, 23 Mar

Monday

Pork Sausages
Vegetarian Lasagne (V)
Served with Mashed Potato,
Garden Peas, Carrots
Lemon Sponge served & Custard

Tuesday

Homemade Beef Lasagne
Vegetarian Sausage(V)
Served with Sweetcorn,
Mixed Garden Salad,
Diced Herby Potatoes
Shortbread Finger with Fruit Wedges

Wednesday

Roast Chicken with Gravy
FFL Original Cauliflower & Broccoli
Cheese Bake (V)
Served with Roast Potatoes,
Green Beans, Carrots
Iced Chocolate Sponge

Thursday

Mild Beef Chilli Con Carne
Vegetable Enchilada (V)
Served with Fluffy Rice,
Sweetcorn, Broccoli
Apple Crumble & Custard

Friday

Battered Fish Fillet & Tomato Ketchup
Cheese & Tomato Pizza (V)
Served with Oven Chips,
Garden Peas, Baked Beans
Famous Fruity Friday

WEEK 2

WEEK COMMENCING 10th Nov, 1st Dec,
5th Jan, 26th Jan, 16th Feb, 9th Mar

Monday

Beef Burger in a Bun
Cheese & Tomato Pinwheel (V)
Served with Roasted Potato Wedges,
Mixed Garden Salad, Coleslaw
Jam Sponge

Tuesday

BBQ Chicken
Chickpea & Vegetable Biryani (V)
Served with Fluffy Rice,
Garden Peas, Broccoli
Mini Sultana Oat Cookie with Fruit
Slices

Wednesday

Roast Turkey with Gravy
Vegan Quorn Sausage (V)
Served with Roast Potatoes,
Green Beans, Carrots
Pineapple Upside Down Cake
with Custard

Thursday

Chicken Wrap
Cheese & Tomato Pizza (V)
Served with Roasted Potato Wedges,
Sweetcorn, Mixed Garden Salad
Chocolate Brownie

Friday

Battered Fish Fillet
& Tomato Ketchup
BBQ Vegetable & Bean Wrap (V)
Served with Oven Chips,
Garden Peas, Baked Beans
Fruity Friday

WEEK 3

WEEK COMMENCING 17th Nov, 8th Dec,
12th Jan, 2nd Feb, 23rd Feb, 16th Mar

Monday

Cheese, Tomato & Ham Pizza
Vegetable Fajita (V)
Served with Roasted Potato
Wedges, Mixed Garden Salad, Coleslaw
Shortbread

Tuesday

Chicken Curry & Rice
Macaroni Cheese (V)
Served with Warm Baguette,
Garden Peas, Broccoli
Chocolate Sponge with Custard

Wednesday

Roast Gammon with Gravy
Roast Quorn Fillet with Gravy (V)
Served with Mashed Potato,
Carrots, Green Beans
Banana Home Bake

Thursday

Pasta Bolognaise
Vegetarian Chilli & Rice (V)
Served with Bread,
Sweetcorn, Broccoli
Chocolate Cookie

Friday

Battered Fish Fillet & Tomato Ketchup
Vegetable Fingers (V)
Served with Oven Chips,
Garden Peas, Baked Beans
Famous Fruity Friday



AVAILABLE DAILY:

Pasta with Tomato & Basil Sauce Mon, Weds, Fri
or Jacket Potato topped with either Baked Beans,
Cheese or Tuna Mayonnaise Tues, Thurs

Choice of Freshly Baked Bread, Salad Bar, Fresh Fruit,
Fruit Yoghurt, Jelly and Water.

