

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: 18/04, 09/05, 20/06, 11/07, 12/09, 03/10, 10/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Burrito A soft wrap filled with lightly spiced veggies and rice	Allegra's BBQ Chicken Burger Corn and Pineapple Relish BBQ chicken breast burger with zingy corn relish	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Beef Bolognese A classic Italian beef Bolognese in a yummy tomato sauce	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Macaroni Cheese Cheesy macaroni pasta	Allegra's Broccoli and Cauliflower Cheese Pie Cheesy broccoli and cauliflower with a shortcrust topping	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy A chunky sweet potato and chickpea roast	Butternut Squash and Tomato Bake with Rice A delicious butternut squash and tomato bake served with rice	Quorn Dippers and Chips Crispy Quorn nuggets
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad
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
Pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Green Beans and Sweetcorn	Peas and Broccoli	Carrots and Cabbage	Broccoli and Sweetcorn	Baked Beans and Peas
Desserts	Raspberry Ripple Ice Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices	Berry and Peach Oaty Crumble with Custard	Orange, Sultana and Carrot Slice

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, 29/08, 19/09, 10/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Veggie Bolognese
Penne pasta in a yummy tomato sauce

Allegra's Asian Sticky Noodles
Chicken and vegetables in sweet sauce with noodles

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

Cottage Pie
A classic cottage pie with veg and gravy

Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips

Alternative Dish

Cheese and Tomato Pizza
Cheesy tomato topped pizza slice

Allegra's BBQ Beans
Tasty BBQ beans served with cornbread

Creamy Vegetable Pie
with Roast Potatoes and Gravy
Creamy vegetable pie with a cheesy shortcrust topper

Mild Chickpea and Potato Curry
Served with wholemeal rice

The Incredible Burger with Chips

Salads

A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad

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Jacket Potato

Jacket Potato
With a choice of fillings

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With a choice of fillings

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Pasta

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A delicious fresh, homemade tomato sauce with penne pasta

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Vegetables

Carrot Sticks and Cucumber Sticks

Peas and Broccoli

Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans and Peas

Desserts

Flapjack with Fruit Slices

Peach Shortbread Pudding and Custard

Raspberry Yoghurt Cake

Fruity Chocolate Brownie

Vanilla Ice Cream

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WEEK 3 MENU

W/C: 02/05, 23/05, 13/06, 04/07, 05/09, 26/09, 17/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Hot Main Dish	Macaroni Cheese Cheesy Macaroni Pasta	Allegra's Chilli Con Chicken and Sweet Potato Bake Baked wedges of sweet potato, topped with tomato chicken and tortilla crunchies	Roast Pork with Roast Potatoes and Gravy Succulent roast pork with fluffy roasties and tasty gravy	Beef Burrito A soft wrap filled with fresh beef and rice	Southern Fried Chicken Tasters Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	Veggie Sausage and Mash with Gravy Fluffy mash with veggie sausages and rich gravy	Allegra's Cheesy Peasy Risotto Bake A delicious baked cheesy pea risotto	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy A chunky butternut squash and potato slice	Veggie Lasagne served with a bread wedge Delicious sheets of pasta layered with veggies and tomato sauce	Soft Taco and Chips A soft taco shell filled with a yummy veggie tomato chilli
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Vegetables	Peas and Carrots	Sweetcorn and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Oatie Biscuit with Fruit Slices	Apple and Carrot Yoghurt Muffin	Strawberry Ice Cream	Chocolate Sponge Cake	Banana and Apricot Flapjack

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 Oily fish
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