Primary FFL Autumn Winter 2020 Menu
Week 1 w/c 02/11, 23/11, 14/12, 18/01, 08/02, 08/03, 29/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Cheese and Tomato Pizza **** ***with Potato Wedges*** Simple but classic!	**Chicken Mayo Burger** ***with Potato Wedges*** Roast chicken served in a soft bun with lettuce and mayo	**Roast Pork** ***with Roast Potatoes and Gravy*** Traditional Roast dinner with Roast Pork	**Beef Meatballs in Tomato Sauce with Pasta**	**Fish Fingers** ***and Chips*** A classic fish finger lunch
Alternative Dish	**Chinese Veggie Noodles** Mixed vegetables and noodles coated in a Chinese 5 spice seasoning	**Country Vegetable Pie** (pastry) ***with Mashed Potato*** Leek, broccoli, chickpea and carrot in a creamy sauce topped with shortcrust pastry	**Quorn Roast** ***With Roast Potatoes and Gravy*** Traditional vegetarian roast with Quorn	**Mild Chickpea & Potato Curry** ***with a Rice side ***** A mild curry with tomato, potato and chick peas	**Tomato Beany Burger** ***with Chips*** A lightly spiced veggie burger with burger relish in a soft bun
Vegetables	**Broccoli and Cauliflower Medley** **Sweetcorn**	**Peas** **Coleslaw**	**Carrots** **Cabbage**	**Sweetcorn** **Mediterranean Vegetables**	**Baked Beans** **Peas**
Desserts	**Raspberry Yoghurt Cake**	**Peach Shortbread Pudding *** ***with Custard***	**Flapjack with Fruit Slices ***	**Chocolate Apricot Brownie**	**Vanilla Ice Cream**

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

*Fruit Based **Wholegrain ***Oily Fish

Primary FFL Autumn Winter 2020 Menu

Week 2 09/11, 30/11, 04/01, 25/01, 22/02, 15/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Cheese and Tomato Pizza**** ***with Potato Wedges*** Simple but classic!	**Beef Bolognese ** *with a Garlic & Herb Bread Wedge*** A classic Italian beef Bolognese	**Roast Chicken** ***with Roast Potatoes and Gravy*** Traditional Roast dinner with Roast Chicken	**Pork Sausages** ***with Mashed Potato and Gravy*** Simple but classic…sausage and mash	**Fish Fingers** ***and Chips*** A classic fish finger lunch
Alternative Dish	**Vege Burrito** Tomato and beans in a mild sauce with rice served in a tortilla wrap	**Vegetable Lasagne** ***with a Garlic & Herb Bread Wedge*** A classic Italian layered pasta dish made with mixed vegetables	**Vegetable Pastry Slice** ***with Roast Potatoes and Gravy*** *(pastry)* A tasty mix of vegetables wrapped in delicious puff pastry	**Vegetarian Sausages** ***with Mashed Potato and Gravy*** A classic Quorn sausage and mash	**Quorn Bolognese**** A classic Vegetarian Italian Bolognese
Vegetables	**Coleslaw** **Sweetcorn**	**Peas** **Broccoli**	**Cabbage** **Carrots**	**Sweetcorn** **Broccoli**	**Peas** **Baked Beans**
Desserts	**Raspberry Ripple Cake**	**Apple & Carrot Yoghurt Muffin***	**Strawberry Ice Cream**	**Chocolate Cake** ***with Custard***	**Oatie Biscuit** ***with Fruit Slices ****

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

*Fruit Based **Wholegrain ***Oily Fish

Primary FFL Autumn Winter 2020 Menu
Week 3 16/11, 07/12, 11/01, 01/02, 01/03, 22/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Cheese and Tomato Pizza **** ***with Potato Wedges*** Simple but classic!	**Traditional Beef Lasagne *with Garlic & Herb Bread Wedge***** *A Classic Italian layered pasta dish with beef mince*	**Roast Beef** ***with Roast Potatoes and Gravy*** Traditional Roast dinner with Roast Beef	***Chicken Tikka Masala with Rice ***** A classic mild and creamy curry	**Fish Fingers** ***and Chips*** A classic fish finger lunch **OR** **Jacket Potato with Salmon Mayonnaise*****
Alternative Dish	**BBQ Wrap** ***with Rice***** Sweetcorn and chick peas in a tasty tomato and BBQ sauce folded in a wrap	**Quorn Hotdog** ***with Potato Wedges*** Veggie hotdog served with ketchup in a roll	**Sweet Potato and Chickpea Roast** ***with Roast Potatoes and Gravy*** A twist on the classic vegetarian Roast with a Sweet Potato and Chickpea roast slice	**Mac 'N' Cheese** Pasta spirals in a tasty cheesy sauce	**Quorn Dippers** ***and Chips***
Vegetables	**Sweetcorn** **Broccoli**	**Peas** **Carrots**	**Carrots** **Cabbage**	**Mediterranean Vegetables** **Sweetcorn**	**Baked Beans** **Peas**
Desserts	**Secret Brownie**	**Raspberry Ripple Ice Cream**	**Fruity Picnic Bar***	**Banana Oat Bite*** ***with Custard***	**Strawberry Swirl Sponge**

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

*Fruit Based **Wholegrain ***Oily Fish