

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: 25/04, 16/05, 06/06, 27/06,
18/07, 08/08, 29/08, 19/09, 10/10,
31/10



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 Gammon with Roast Potatoes and Gravy Succulent roast Gammon with fluffy roasties and tasty gravy	Cottage Pie A classic cottage pie with veg and gravy	Southern Fried Chicken Tasters Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	Cheese and Tomato Pizza Cheesy tomato topped pizza slice	Veggie Balls In Tomato Sauce Veggie balls with Wholemeal Penne pasta in a yummy tomato sauce	Quorn Roast with Roast Potatoes and Gravy Succulent Quorn roast with fluffy roasties and tasty gravy	Mild Chickpea and Potato Curry Served with wholemeal rice	Quorn Dippers with 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	For pre-order by Monday morning 9.00 am	For pre-order by Monday morning 9.00 am	For pre-order by Monday morning 9.00 am	For pre-order by Monday morning 9.00 am	For pre-order by Monday morning 9.00 am
Pasta Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	For pre-order by Monday morning 9.00 am	For pre-order by Monday morning 9.00 am	For pre-order by Monday morning 9.00 am	For pre-order by Monday morning 9.00 am	For pre-order by Monday morning 9.00 am
Vegetables	Carrot and Green Beans	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

AVAILABLE EVERY DAY

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

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice



WEEK 2 MENU

W/C: 02/05, 23/05, 13/06, 04/07, 25/07, 15/08, 05/09, 26/09, 17/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Pork Sausage and Mash with Gravy
Fluffy mash with veggie sausages and rich gravy

Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips

Alternative Dish

Vegetable Lasagne



Allegra's Cheesy Peasy Risotto Bake

A delicious baked cheesy pea risotto



Quorn Roast with Roast Potatoes and Gravy
Succulent Quorn roast with fluffy roasties and tasty gravy



Veggie Sausage and Mash with Gravy
Fluffy mash with veggie sausages and rich gravy



Soft Taco and Chips
A soft taco shell filled with a yummy veggie tomato chilli



Salads

A Selection of Fresh Salads including lettuce, cucumber, tomato, grated carrot

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Jacket Potato

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For pre-order by Monday morning 9.00 am



For pre-order by Monday morning 9.00 am



Pasta **Tomato Pasta**
A delicious fresh, homemade tomato sauce with penne pasta



For pre-order by Monday morning 9.00 am



For pre-order by Monday morning 9.00 am



For pre-order by Monday morning 9.00 am



For pre-order by Monday morning 9.00 am



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



SPRING/SUMMER 2022

AVAILABLE EVERY DAY

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



Vegetarian



Oily fish



Wholegrain

Fruity!



Nutritionist's Choice



WEEK 3 MENU

W/C: 09/05, 30/05, 20/06, 11/07, 01/08, 22/08, 12/09, 03/10, 24/10,



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Burrito A soft wrap filled with lightly spiced veggies and rice 🌱 🍷 🌿	Allegra's Proper Chicken Pie served with Mashed Potato Chicken Pie served with Mashed Potato	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 🌱	Quorn Roast with Roast Potatoes and Gravy Succulent Quorn roast with fluffy roasties and tasty gravy 🌱 🍷	Butternut Squash and Tomato Bake with Rice A delicious butternut squash and tomato bake served with rice 🌱 🌿	Quorn Dippers and Chips Crispy Quorn nuggets 🌱
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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

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

🌱 Vegetarian
🐟 Oily fish
🌿 Wholegrain
🍏 Fruity!
🍷 Nutritionist's Choice