







Primary Lunch FFL Menu Autumn 2021



Lunch Menu

Week 1 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Burrito (V) A soft wrap filled with lightly spiced veggies and rice 	Hot Chicken Sandwich with Potato Wedges	Roast Chicken with Roast Potatoes and Gravy Succulent roast Chicken with fluffy roasties and tasty gravy	Chicken Korma with Rice** with Rice 	Southern Fried Chicken Tasters with Chips Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	Vegetable Supreme Pizza** with Dough Balls (V) Cheesy Tomato Pizza Slice Topped with Veggies	Macaroni Cheese (V)	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V)  A chunky sweet potato and chickpea roast	Butternut Squash and Tomato Bake with Rice (V) **  A delicious butternut squash and tomato bake served with rice	Quorn Dippers and Chips (V) Or Vegan Dippers and Chips (V)
Third Choice		Jacket Potato with Salmon Mayonnaise ***			
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad 				
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Additional	Tomato Pasta ** (V) or Sandwiches With A Choice Of Fillings				
Vegetables	Fresh Carrots Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas and Carrots
Desserts	Raspberry Ripple Ice-Cream with Fruit Slices	Secret Brownie	Shortbread Biscuit with Fruit Slices*	Berry & Peach Oaty Crumble* with Custard 	Orange, Sultana & Carrot Slice









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

*Fruit Based, **Vegetarian, ***Gluten Free (V) Vegetarian

Lunch Menu

Week 2 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Bolognese ** (V) Penne pasta in a yummy tomato and Quorn sauce 	Sausage and Mash 	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Chicken Tikka Masala with Rice** 	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza ** with Dough Balls (V) Cheesy Tomato Topped Pizza Slice	Mild Chickpea and Potato Curry (V) ** Served with Wholemeal Rice 	Creamy Vegetable Pie with Roast Potatoes and Gravy (V) Creamy vegetable pie with a cheesy shortcrust topper	Veggie Lasagne with a bread wedge (V) ** Delicious sheets of pasta layered with veggies and tomato sauce 	Tomato Veggie Burger with Chips (V) A delicious homemade veggie burger 
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Pasta Salad				
Jacket Potato	Jacket Potato With A Choice Of Fillings 				
Additional	Tomato Pasta ** (V) or Sandwiches With A Choice Of Fillings				
Vegetables	Fresh Carrots Sweetcorn	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas and Carrots
Desserts	Flapjack with Slices* 	Peach Shortbread Pudding* & Custard	Raspberry yoghurt cake	Fruity Chocolate Brownie	Vanilla Ice-Cream with Fruit Slices*

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







*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian



Lunch Menu

Week 3 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetable Supreme Pizza** with Dough Balls (V) Cheesy Tomato Pizza Slice Topped with Veggies	Allegra's Garlicky Chicken and Spanishy Spuds  Garlic Seasoned Chicken served with potatoes	Roast Chicken with Roast Potatoes and Gravy Succulent roast Chicken with fluffy roasties and tasty gravy	Beef Meatballs in Tomato Sauce Our Famous Meatballs in a tasty Tomato Sauce with Wholemeal Pasta**	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Macaroni Cheese (V)	Veggie Korma with Rice ** 	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V)  A chunky sweet potato and chickpea roast	Veggie Balls In Tomato Sauce with Pasta** (V) 	Quorn Hot Dog (V) with Chips Or Vegan Dippers and Chips (V)
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Coleslaw				
Jacket Potato	Jacket Potato With A Choice Of Fillings 				
Additional	Tomato Pasta ** (V) or Sandwiches With A Choice Of Fillings				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Fresh Broccoli Sweetcorn	Baked Beans Peas and Carrots
Desserts	Oatie Biscuit* v Fruit Slices 	Apple and Carrot Yoghurt Muffin*	Strawberry Ice Cream with Fruit Slices	Chocolate Sponge Cake with Fruit Slices*	Cheese & Biscuits Soft Cheese Portion
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

