

Primary Lunch FFL Menu Autumn 2021



Lunch Menu

Week 1

Week Commencing

01/11, 22/11, 13/12



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetable Supreme Pizza** with Dough Balls (V) Cheesy Tomato Pizza Slice Topped with Veggies	Allegra's Chicken Filo Pie with Mashed Potato Light filo pastry, hearty chicken centre	Roast Turkey with Roast Potatoes and Gravy Succulent roast Turkey with fluffy roasties and tasty gravy	Beef Bolognese ** A classic Italian beef Bolognese in a yummy tomato sauce	Southern Fried Chicken Tasters with Chips Lightly seasoned crispy chicken strips and scrummy chips
Alternative	Burrito (V)	Macaroni Cheese (V)	Roast Quorn (V) with Roast Potatoes and Gravy	Veggie Balls In Tomato Sauce with Pasta** (V)	Quorn Dipper (V) with Chips
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad				
Additional	Jacket Potato With A Choice Of Fillings (Cheese, Tuna Mayo or Baked Beans. Salmon Mayonnaise *** offered Tuesday) Sandwich 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 **Wholegrain ***Oily Fish (V) Vegetarian

Lunch Menu

Week 2 - Mains

Week Commencing
08/11, 29/11



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** with Dough Balls (V) Cheesy Tomato Topped Pizza Slice	Sausage and Mash	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Beef Lasagne With a Garlic and Herb Bread Wedge ** A classic Italian beef Lasagne	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative	Burrito (V)	Macaroni Cheese (V)	Roast Quorn (V) with Roast Potatoes and Gravy	Veggie Balls In Tomato Sauce with Pasta** (V)	Quorn Dipper (V) with Chips
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Pasta Salad				
Additional	Jacket Potato With A Choice Of Fillings (Cheese, Tuna Mayo or Baked Beans) Sandwich With A Choice Of Fillings				
Vegetables	Fresh Carrots Sweetcorn	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas and Carrots
Desserts	Flapjack with Fruit 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

Week Commencing
15/11, 06/12



	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 Pork with Roast Potatoes and Gravy Succulent roast pork 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	Burrito (V)	Macaroni Cheese (V)	Roast Quorn (V) with Roast Potatoes and Gravy	Veggie Balls In Tomato Sauce with Pasta** (V)	Quorn Dipper (V) with Chips
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Coleslaw				
Additional	Jacket Potato With A Choice Of Fillings (Cheese, Tuna Mayo or Baked Beans) Sandwich With A Choice Of Fillings				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Fresh Broccoli Sweetcorn	Baked Beans Peas and Carrots
Desserts	Oatie Biscuit with Fruit Slices*	Apple and Carrot Yoghurt Muffin*	Strawberry Ice Cream with Fruit Slices*	Chocolate Sponge Cake	Creamy Peach Rice Pudding
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

