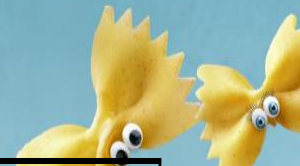






Primary Lunch FFL Menu Autumn 2021



Lunch Menu

Week 1 - Mains







	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Chinese veggie Noodles 	Allegra's Chicken Filo Pie with Mashed Potato	Roast Chicken with Roast Potatoes and Gravy	Beef Bolognese	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza With dough balls	Macaroni cheese	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V) 	Hot Dog Quorn With potato wedges	Quorn Dippers and Chips (V)
Third Choice		Jacket Potato with Salmon Mayonnaise ***			
Salads	A Selection of Fresh Salads				
Jacket Potato	Jacket Potato With A Choice Of Fillings 				
Additional	Tomato Pasta ** (V)				
Vegetables	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Raspberry Ripple Ice-Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices*	Berry & Peach Oaty Crumble* with Custard 	Chocolate and raspberry swirl
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

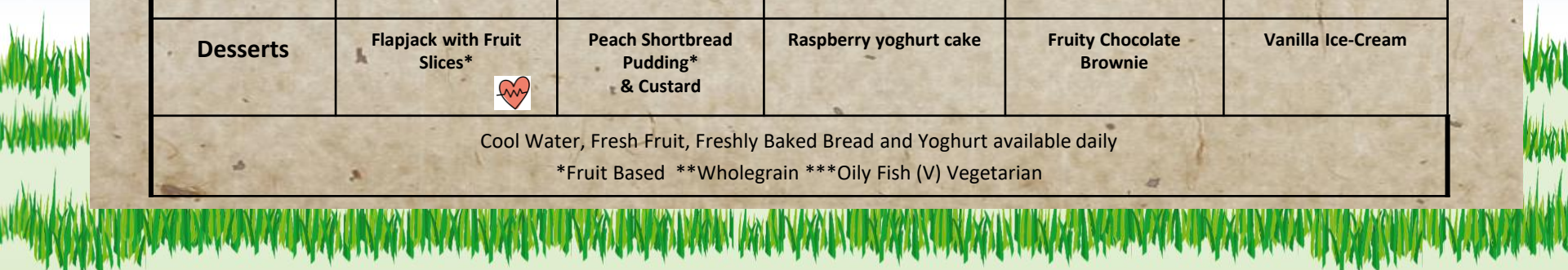


Lunch Menu

Week 2 - Mains








	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Bolognese **(V) 	Allegra's Chicken Katsu	Roast Turkey <i>with Roast Potatoes and Gravy</i>	Cottage Pie	Golden Fish Fingers <i>and Chips</i>
Alternative Dish	Cheese and Tomato Pizza ** with Dough Balls (V)	Incredible Vegan Burger	Creamy Vegetable Pie <i>with Roast Potatoes and Gravy (V)</i>	Mild Chickpea and Potato Curry (V) ** 	Quorn Dippers
Salads	A Selection of Fresh Salads				
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 Fruit Slices* 	Peach Shortbread Pudding* & Custard	Raspberry yoghurt cake	Fruity Chocolate Brownie	Vanilla Ice-Cream
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	Pizza Cheese and tomato	Allegra's Garlicky Chicken and Spanish Spuds 	Roast Pork <i>with Roast Potatoes and Gravy</i>	Beef Pasta Bolognese	Fish Finger
Alternative Dish	Veggie Sausage and Mash with Gravy (V) 	Allegra's Cheesy Peasy Risotto Bake (V)	Butternut Squash and Potato Pastry Slice <i>with Roast Potatoes and Gravy (V)</i>	Veggie Lasagne with Bread Wedge 	Quorn Dippers
Salads	A Selection of Fresh Salads				
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* with Fruit Slices	Pineapple and peach crumble With custard*	Strawberry Ice Cream	Chocolate Sponge Cake	Cheese and crackers
<p> Coloured later, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily</p> <p>*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian</p>					

