

FFL Spring/Summer 2019 Menu

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Tomato & Mozzarella Pizza with Jacket Wedges	Chicken Tikka Masala with Rice	Roast Ham with Roast Potatoes and Gravy	Lasagne with Garlic Bread	Fish Fingers with Chips
Alternative Dish	Mild Yellow Curry with Rice	Vegetable Pasta Bolognese	Country Vegetable Pie with Roast Potatoes and Gravy	Sweetcorn Enchilada Pie (layered tortilla bake) with Rice	Quorn Dippers with Chips
Alternative Dish	Egg Bap	Meatball and Tomato Sub Roll with Jacket Wedges	Chicken Pizzadilla with Jacket Wedges	Tomato & Cheese Pasta	Cajun Salmon Wrap with Chips
Vegetables	Broccoli Sweetcorn	Green Beans Mediterranean Vegetables	Carrots Cabbage	Peas Seasonal Vegetables	Sweetcorn Baked Beans
Desserts	Mango Frozen Yoghurt	Pear Upside Down Cake with Custard	Flapjack with A Fruit Slice	Brownie Cake	Vanilla Ice Cream

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

