

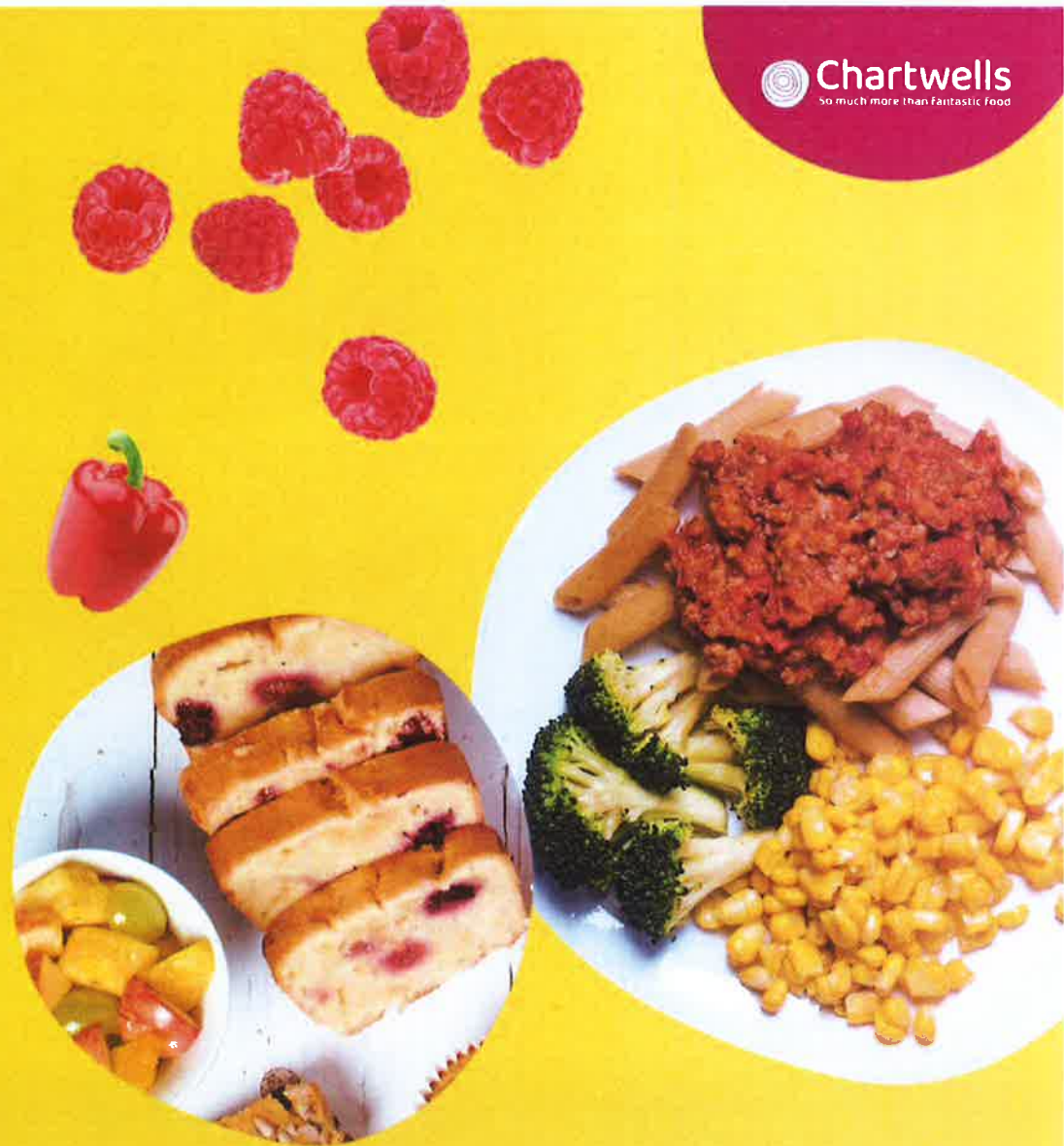
FFL THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 18/04, 09/05, 06/06, 27/06,
18/07, 29/08, 19/09, 10/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main 1

Mexican Vegetable Burrito

BBQ Veggie Burger in a Bun, Corn & Pineapple
Relish with Potato Wedges

Roast Chicken with Roast Potatoes & Gravy

Sweet Potato Curry with Rice

Battered Fish Fillet or Plant Ball Sub & Chips

Hot Main 2

Macaroni Cheese Pasta

Allegra's BBQ Chicken in a Bun, Corn & Pineapple
Relish with Potato Wedges

Butternut Squash & Vegetable Bake, Roast Potatoes & Gravy

Chinese Veggie Noodles

Organic Beef Bolognese with Pasta

Schools Choice

Jacket Potato with Tuna Mayo, Cheese, Coleslaw, Beans or Tomato Pasta or Sandwich/Baguette

Vegetables

Green Beans & Sweetcorn

Peas & Broccoli

Carrots & Cabbage

Broccoli & Sweetcorn

Baked Beans & Peas

Salads

Coleslaw, Carrot, Tomato, Cucumber, Lettuce

Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Desserts

Organic Yoghurt with Fresh Fruit Slices
Or
Raspberry Yoghurt Cake with Fresh Fruit Slices

Organic Yoghurt with Fresh Fruit Slices
Or
Crispy Crackle Bar with Fresh Fruit Slices

Organic Yoghurt with Fresh Fruit Salad
Or
Cheese & Biscuits with Apple & Grapes

Bowl of Seasonal Fresh Fruit
Or
Shortbread Biscuit with Fresh Fruit Salad

Organic Yoghurt with Fresh Fruit Slices
Or
Ripple Ice Cream with Fresh Fruit Slices

Organic Milk or Water & Freshly Baked Bread available daily

We offer medical diet and allergen support, please speak to your school office in the first instance. Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

Vegetarian **Oily fish** **Wholegrain** **Fruity!** **Nutritionist's Choice**
VE Vegan



SPRING/SUMMER 2022

WEEK 2 MENU

W/C: 25/04, 16/05, 13/06, 04/07,
05/09, 26/09, 17/10

Chartwells
So much more than Fantastic food

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main 1

Mild Smoky Bean & Vegetable Chilli with Rice
🌱 VE 🍷

Vegetable Biryani 🌱 🍷 🍷

Roast Turkey with Roast Potatoes & Gravy

Veggie Balls in Tomato Sauce with Pasta 🌱 🍷 🍷

Golden Fish Fingers or Veggie Hotdog 🌱 & Chips

Hot Main 2

Cheese & Tomato Pizza with Skin on Wedges
🌱 🍷

Allegra's Asian Sticky Chicken Noodles
Jacket Potato with Salmon Mayo 🐟

Creamy Vegetable Pie with Roast Potatoes & Gravy 🌱

Mild Chickpea and Potato Curry with Rice
🌱 VE 🍷 🍷

Jerk Chicken with Rice

Schools Choice

Jacket Potato 🍷 🍷 with Tuna Mayo, Cheese, Coleslaw or Beans, or Tomato Pasta 🌱 🍷 or Sandwich/Baguette 🍷

Vegetables

Sweetcorn & Roast Vegetables

Peas & Broccoli

Carrots & Cabbage

Green Beans & Sweetcorn

Baked Beans & Peas

Salads

Coleslaw, Carrot, Tomato, Cucumber, Lettuce

Cous Cous Salad Sweetcorn, Tomato, Cucumber, Lettuce

Noodle Salad,, Peppers, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Desserts

Organic Yoghurt with Fresh Fruit Slices 🍏
Or
Banana & Apricot Flapjack with Fruit Slices 🍏 VE

Organic Yoghurt with Fresh Fruit Slices 🍏
Or
Apple & Berry Oaty Crumble 🍏 VE & Custard

Organic Yoghurt with Fresh Fruit Salad 🍏
Or
Cheese & Biscuits with Apple & Grapes

Bowl of Seasonal Fresh Fruit 🍏
Or
Chocolate Slice with Fresh Fruit Salad

Organic Yoghurt with Fresh Fruit Slices 🍏
Or
Vanilla Ice Cream with Fresh Fruit Slices

Organic Milk or Water & Freshly Baked Bread available daily

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



SPRING/SUMMER 2022

WEEK 3 MENU

W/C: 02/05, 23/05, 20/06, 11/07, 12/09, 03/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main 1

Vegetable Sausages & Mash with Gravy

Veggie Lasagne with Garlic Bread Wedge

Roast Beef with Roast Potatoes & Gravy

Creamy Veggie Korma Curry with Rice

Golden Fish Fingers or Soft Vegetable Taco & Chips

Hot Main 2

Veg Supreme Pizza & Skin on Wedges

Allegra's Chilli Con Chicken & Sweet Potato Bake

Butternut Squash & Potato Pastry Slice with Roast Potatoes & Gravy

Veg Bolognese with Pasta

BBQ Chicken Wrap with Cous Cous

Schools Choice

Jacket Potato with Tuna Mayo, Cheese, Coleslaw or Beans, or Tomato Pasta or Sandwich/Baguette

Vegetables

Sweetcorn & Broccoli

Peas & Cauliflower

Carrots & Cabbage

Green Beans & Sweetcorn

Baked Beans & Peas

Salads

Coleslaw, Carrot, Tomato, Cucumber, Lettuce

Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Desserts

Organic Yoghurt with Fresh Fruit Slices
Or
Oatie Biscuit with Fresh Fruit Slices

Organic Yoghurt with Fresh Fruit Slices
Or
Apple and Carrot Cake with Fresh Fruit Slices

Organic Yoghurt with Fresh Fruit Salad
Or
Cheese and Biscuits with Apples & Grapes

Bowl of Seasonal Fresh Fruit
Or
Berry Flapjack with Fresh Fruit Slices

Organic Yoghurt with Fresh Fruit Slices
Or
Strawberry Ice Cream with Fresh Fruit Slices

Organic Milk or Water & Freshly Baked Bread available daily

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Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice
 Vegan



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