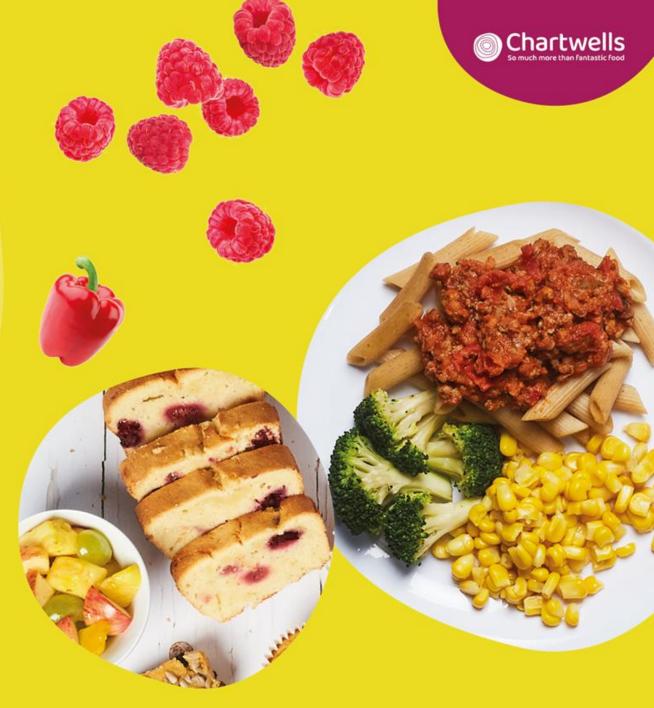
FFL THREE WEEK MENU SPRING/SUMMER 2022

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN

YOUR FAVOURITES AVAILABLE EVERY DAY









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheesy macaroni pasta

Allegra 's BBQ Chicken Burger Corn and Pineapple Relish with **Potato Wedges**

BBQ chicken breast burger with zingy corn relish

Roast Chicken with Roast Potatoes and Gravv

Succulent roast chicken with fluffy roasties and tasty gravy

Beef Bolognese 🐲 🧡 A classic Italian beef Bolognese in a yummy tomato sauce

Golden Fish Fingers and Chips

Crispy fish fingers and scrummy chips

Salads

Jacket Potato

Pasta

Vegetables

Desserts

A Selection of Fresh Salads

Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

> Jacket Potato with a choice of fillings

Tomato Pasta 💟 🐲

A delicious fresh, homemade

tomato sauce with penne pasta

Green Beans and Sweetcorn

Raspberry Ripple Ice Cream with Fruit Slices 🎽

A Selection of Fresh Salads

Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

> Jacket Potato with a choice of fillings

> > Tomato Pasta V

A delicious fresh, homemade tomato sauce with penne pasta

Peas and Broccoli

Secret Brownie with Fruit Slices 🛌 A Selection of Fresh Salads

Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

> Jacket Potato with a choice of fillings

> > Tomato Pasta 💟 🕍

A delicious fresh, homemade tomato sauce with penne pasta

Carrots and Cabbage

Shortbread Biscuit with Fruit Slices 🛌 A Selection of Fresh Salads

Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

> Jacket Potato with a choice of fillings

> > Tomato Pasta 💇 🐲

A delicious fresh. homemade tomato sauce with penne pasta

Broccoli and Sweetcorn

Berry and Peach Oaty Crumble with Custard 📸 🔬

A Selection of Fresh Salads

Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

> Jacket Potato 💖 💟 with a choice of fillings

> > Tomato Pasta 💟 💚

A delicious fresh, homemade tomato sauce with penne pasta

Baked Beans, Carrots and Peas

Orange, Sultana and Carrot Slice with Fruit Slices







HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY



WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT



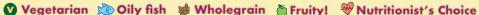












W/C: 25/04 16/05 06/06 27/06 18/07







MONDAY

TUESDAY

WEDNESDAY

Roast Turkey with

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza W Cheesy tomato topped pizza slice

Allegra's Asian Sticky Noodles Chicken and vegetables in sweet

sauce with noodles

Roast Potatoes and Gravy Succulent roast turkey with fluffy roasties and tasty gravy

Cottage Pie 🧡 A classic cottage pie with veg and gravy

Golden Fish Fingers and Chips

Crispy fish fingers and scrummy chips

Salads

Pasta

Vegetables

Desserts

Jacket Potato

Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

A Selection of Fresh Salads

Jacket Potato 🧡 🖸 With a choice of fillings

Tomato Pasta 💟 👾

A delicious fresh, homemade tomato sauce with penne pasta

Carrots and Sweetcorn

Flapiack with Fruit Slices 🍎 💝

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

> Jacket Potato 🧡 💟 With a choice of fillings

> > Tomato Pasta 🖤 🐙

A delicious fresh, homemade tomato sauce with penne pasta

Peas and Broccoli

Peach Shortbread Pudding and Custard

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

> Jacket Potato 🧡 💟 With a choice of fillings

Tomato Pasta 🕬 A delicious fresh, homemade

tomato sauce with penne pasta

Carrots and Cabbage

Raspberry Yoghurt Cake with Fruit Slices

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

> Jacket Potato 🧡 💟 With a choice of fillings

Tomato Pasta VV

A delicious fresh. homemade tomato sauce with penne pasta

Green Beans and Sweetcorn

Fruity Chocolate Brownie with Fruit Slices 🍏

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn

and pasta salad Jacket Potato 🤏 💟

With a choice of fillings

Tomato Pasta 💟 🕪

A delicious fresh, homemade tomato sauce with penne pasta

Baked Beans, Carrots and Peas

Vanilla Ice Cream with Fruit Slices 🍏



PRING/



HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY



WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

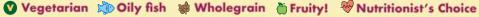












W/C: 02/05 23/05 13/06 04/07







MONDAY

TUESDAY

Chinese Chicken Noodles

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese

A classic Chinese chicken noodle Cheesy Macaroni Pasta dish

Roast Pork with Roast Potatoes and Gravv

Succulent roast pork with fluffy roasties and tasty gravy

Beef Burrito A soft wrap filled with fresh beef

and rice

Southern Fried Chicken Tasters with Chips

Lightly seasoned crispy chicken strips and scrummy chips

Salads

Pasta

A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

Jacket Potato 💝 💿

Jacket Potato

Tomato Pasta

With a choice of fillings

A delicious fresh, homemade tomato sauce with penne pasta

Oatie Biscuit

Vegetables Peas and Carrots

Desserts with Fruit Slices 🛌 🧼 A Selection of Fresh Salads

Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

> Jacket Potato 🦇 👩 With a choice of fillings

Tomato Pasta 💟 🐲 A delicious fresh. homemade tomato sauce with penne pasta

Sweetcorn and Broccoli

Apple and Carrot Yoghurt Muffin

A Selection of Fresh Salads

Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

> Jacket Potato 🥯 👂 With a choice of fillings

> > Tomato Pasta V

A delicious fresh, homemade tomato sauce with penne pasta

Carrots and Cabbage

Strawberry Ice Cream with Fruit Slices 📸 A Selection of Fresh Salads

Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

> Jacket Potato 💝 💟 With a choice of fillings

> > Tomato Pasta V

A delicious fresh, homemade tomato sauce with penne pasta

Green Beans and Sweetcorn

Chocolate Sponge Cake with Fruit Slices 🔉 🛎 A Selection of Fresh Salads

Including lettuce, cucumber, tomato, grated carrot, sweetcorn and pasta salad

> Jacket Potato 🥮 With a choice of fillings

> > Tomato Pasta 💟 🐲



A delicious fresh, homemade tomato sauce with penne pasta

Baked Beans, Carrots and Peas

Banana and Apricot Flapjack with Fruit Slices







HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT













