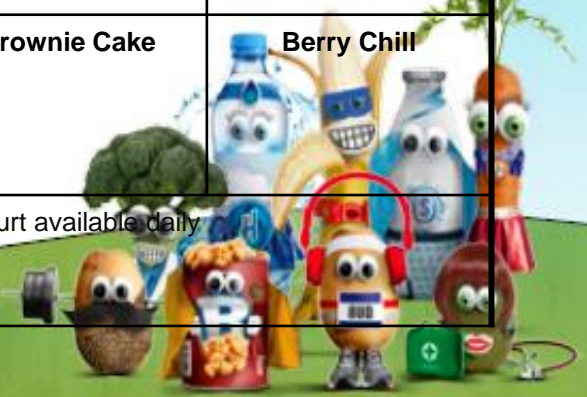


Food Super Heroes

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Tomato & Mozzarella Pizza <i>with Jacket Wedges</i>	Chicken, Pea & Potato Bake	Roast Turkey <i>with Roast Potatoes and Gravy</i>	BBQ Beef Meatballs <i>served with Pasta **</i>	Salmon Fish Fingers *** <i>Breaded Fish Fingers with Chips</i>
Alternative Dish	Chinese Style Veggie Rice	Vegetable Pasta Bolognese **	Sweet Potato and Chickpea Roast <i>with Roast Potatoes and Gravy</i>	Sweetcorn Enchilada Pie <i>(layered tortilla bake) with Rice **</i>	Veggie Hotdog <i>with Chips</i>
Pasta Bar	Beef Meatball Pasta	Creamy Tomato & Basil Pasta	Tuna Pasta Bake	Tomato & Cheese Pasta Bake	Creamy Chicken & Broccoli & Sweetcorn Pasta
Vegetables	Broccoli Sweetcorn	Green Beans Mediterranean Vegetables	Carrots Cabbage	Peas Seasonal Vegetables	Sweetcorn Baked Beans
Desserts	Mango Frozen Yoghurt	Pear Upside Down Cake * <i>with Custard</i>	Flapjack <i>with Fruit Slices *</i>	Brownie Cake	Berry Chill

Cool Water, Fresh Fruit, Freshly Baked Bread, Jacket Potatoes and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish

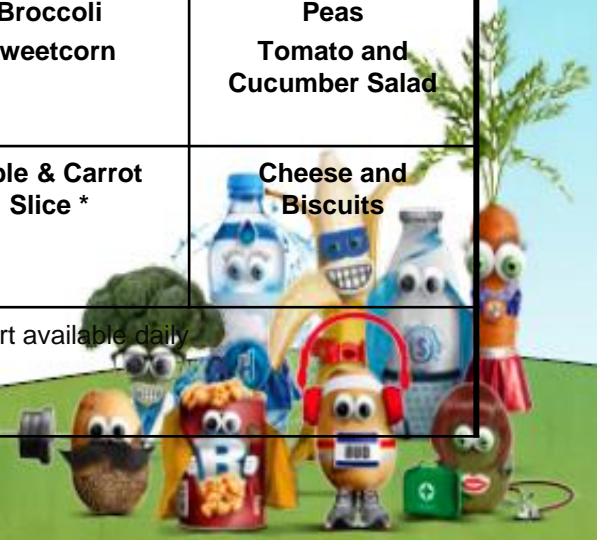


Super Heroes

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	BBQ Quorn Burger <i>with Jacket Wedges</i>	Pork Sausages <i>with Creamed Potato</i>	Roast Chicken <i>with Roast Potatoes and Gravy</i>	Pasta Bolognese **	Crispy Fish & Chips <i>Crispy Battered Pollock with Chips</i>
Alternative Dish	Mediterranean Tart <i>with Pesto Pasta</i>	Vegetarian Sausages <i>with Creamed Potato</i>	Cauliflower and Creamed Corn Bake <i>with Roast Potatoes</i>	Mild Chickpea Curry <i>with Rice **</i>	Baked Bean and Cheese Quesadilla <i>(folded tortilla wrap) with Chips</i>
Pasta Bar	Beef Meatball Pasta	Creamy Tomato & Basil Pasta	Tuna Pasta Bake	Tomato & Cheese Pasta Bake	Creamy Chicken & Broccoli & Sweetcorn Pasta
Vegetables	Crunchy Coleslaw Peas	Roasted Peppers and Sweetcorn Baked Beans	Cabbage Carrots	Broccoli Sweetcorn	Peas Tomato and Cucumber Salad
Desserts	Chocolate Sponge Cake <i>with Custard</i>	Strawberry Sponge Swirl	Oatie Biscuit <i>with Fruit Slices *</i>	Apple & Carrot Slice *	Cheese and Biscuits

Cool Water, Fresh Fruit, Freshly Baked Bread , Jacket Potatoes and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish



FFL Spring/Summer 2019 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mac 'N' Cheese <i>Macaroni Cheese</i>	Chicken and Sweetcorn Pizza <i>with Jacket Wedges</i>	Roast Pork <i>with Roast Potatoes and Gravy</i>	Chinese Chicken Rice	Golden Fish Fingers & Chips <i>Breaded Fish Fingers with Chips</i>
Alternative Dish	Vegetable Korma <i>with Rice **</i>	Cheesy Bubble & Squeak	Quorn Roast <i>with Roast Potatoes with Gravy</i>	Creamy Pesto Pasta	Sweet Potato & Chickpea Burger <i>with Chips</i>
Pasta Bar	Beef Meatball Pasta	<i>Creamy Tomato & Basil Pasta</i>	Tuna Pasta Bake	<i>Tomato & Cheese Pasta Bake</i>	<i>Creamy Chicken & Broccoli & Sweetcorn Pasta</i>
Vegetables	Broccoli Carrots	Peas Mediterranean Vegetables	Carrots Cabbage	Roasted Summer Vegetable Medley Sweetcorn	Baked Beans Peas
Desserts	Peach Slice	Lemon Drizzle Cake	Blueberry Frozen Yoghurt	Apple and Berry Crumble * <i>with Custard</i>	Chocolate Shortbread <i>with Fruit Slices*</i>

Cool Water, Fresh Fruit, Freshly Baked Bread, Jacket Potatoes and Yoghurt available daily
 *Fruit Based **Wholegrain ***Oily Fish

