

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Chicken Fajita with Baked Jkt Wedges	Toad in the Hole with Mashed Potatoes and Gravy	Italian Beef Lasagne with Garlic Bread	Roast Turkey with Roast Potatoes and Gravy	Golden Fish Fingers with Chips
Vegetarian	Macaroni Cheese	Vegetarian Toad in the Hole With creamy mashed potato and Gravy	Vegetarian Meatballs with Steamed Rice	Quorn Roast with Roast Potatoes and Gravy	Baked Vegetable Frittata with Chips
Jacket Potato Bar	Baked Jacket Potatoes with a Choice of Fillings				
Vegetables	Sweetcorn Broccoli	Carrots Swede	Garden Peas Roasted Vegetables	Carrots Seasonal Cabbage	Baked Beans Garden Peas
Salad	Seasonal Salad Selection				
Desserts	Chocolate and Banana Muffin Yoghurt Fresh Fruit	Apple Cracknell with Custard* Yoghurt Fresh Fruit	Wild Berry Fool Yoghurt Fresh Fruit	Pineapple Upside Down Pudding* with Custard Yoghurt Fresh Fruit	Fruit in Jelly Yoghurt Fresh Fruit
Cool Water served daily *Fruit Based **Wholegrain					

FFL Bronze Autumn 2016 Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Beef Burger in a Bun with Potato Wedges	Chicken Casserole with Herb Dumplings and Mashed Potatoes	Chicken Korma with Steamed Rice	Roast Pork with Roast Potatoes and Gravy	Crispy Battered Fish with Chips
Vegetarian	Quorn Burger in a Bun with Potato Wedges	Shepherdess Pie	Quorn Bolognese with Wholemeal Pasta**	Lentil Roast with Roast Potatoes	Cheddar Cheese and Tomato Tart with Chips
Jacket Potato Bar	Baked Jacket Potatoes with a Choice of Fillings – Cheese, Baked Beans or Tuna Mayonnaise				
Vegetables	Sweetcorn Coleslaw	Green Beans Cauliflower	Sweetcorn Broccoli	Carrots Seasonal Cabbage	Baked Beans Garden Peas
Salad	Seasonal Salad Selection				
Desserts	Oat and Raisin Cookie Yoghurt Fresh Fruit	Mandarin and Chocolate Sponge with Custard* Yoghurt Fresh Fruit	Berry Flapjack Yoghurt Fresh Fruit	Sticky Toffee Pudding with Custard Yoghurt Fresh Fruit	Fruity Delight* Yoghurt Fresh Fruit
Cool Water served daily *Fruit Based **Wholegrain					

FFL Bronze Autumn 2016 Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Salmon and Vegetable Pasta	Beef Cobbler with Creamy Mashed Potato	Chinese Chicken with Noodles	Roast Beef with Roast Potatoes and Gravy	Golden Fishfingers with Chips
Vegetarian	Tuscan Bean and Butternut Risotto	Shortcrust Topped Country Vegetable Pie with Creamy Mashed Potato	Penne Pasta Vegetable Bake	Vegetable Lasagne with Garlic Bread	Cheese and Tomato Pizza Wedge with Chips
Jacket Potato Bar	Baked Jacket Potatoes with a Choice of Fillings				
Vegetables	Garden Peas Carrots	Broccoli Sweetcorn	Carrots Seasonal Cabbage	Roasted Vegetables Garden Peas	Baked Beans Sweetcorn
Salad	Seasonal Salad Selection				
Desserts	Chocolate Fruit Crispie Yoghurt Fresh Fruit	Toffee Apple Crumble* with Custard Yoghurt Fresh Fruit	Shortbread with Fruit Slices* Yoghurt Fresh Fruit	Gingerbread with Lemon Custard Yoghurt Fresh Fruit	Berry Chill Yoghurt Fresh Fruit
Cool Water served daily *Fruit Based **Wholegrain					

FFL Bronze Autumn 2015 Menu

Week 3