

FFL GOLD SUMMER MENU 2017

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child

Week		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 24 Apr 15 May 12 June 3 July 24 July	Main	Meatballs in tomato sauce with Rice	Organic Minced Beef Lasagne with a Garlic Slice	Roast Gammon with Roast Potatoes and Gravy	Chicken Wrap with New Potatoes	MSC Breaded Fish With Chips
	Vegetarian	Vegetarian Sausage with mashed potato & gravy	Vegetable Bolognaise with a Garlic Slice	Vegetable Wellington with Roast Potatoes and Gravy	Macaroni Cheese	Vegetable Enchilada with Chips
	Jackets	Jacket potato with cheese or beans	Homemade Tomato Soup With Half a filled baguette	Jacket potato with Tuna Mayo or Cheese	Homemade Vegetable Soup with half a filled baguette	Egg Salad with Chips
		Green Beans Sweetcorn	Carrots Sweetcorn	Broccoli Swede	Carrots Peas	Baked Beans Garden Peas
	Dessert	Lemon drizzle Cake	Jam Sponge with Custard	Chocolate Krispie cake	Pineapple Upside Down Cake with Custard	Fruit Flapjack
Week 2 1 May 22 May 19 June 10 July	Main	Beef Burger in a Bun with Wedges	Chicken Curry With Rice	Roast Pork with Roast Potatoes & Gravy	Organic Beef Spaghetti Bolognaise with Garlic	MSC Battered Fish and Chips
	Vegetarian 	Cheese & Tomato Pinwheel With Wedges Jacket potato with Cheese	Vegetable Cottage Pie Homemade Tomato Soup	Quorn Roast with Roast Potatoes & Gravy Jacket potato with Tuna	Vegetable Lasagne with Garlic Slice Homemade Vegetable Soup with	Vegetable Pasty with Chips
ŕ	Jackets	and Beans	With Half a filled baguette	Mayo or Cheese	half a filled baguette	Ham Salad with Chips
		Garden Peas Sweetcorn	Carrots Cabbage	Green Beans Swede	Broccoli Sweetcorn	Baked Beans Garden Peas
	Dessert	Vanilla Cookies	Chocolate Crunch with chocolate sauce	Neapolitan Ice Cream	Vanilla & Mandarin Sponge with Custard	Chocolate & Beetroot Brownie
Week 3	Main	Sausages and Mash with Gravy	Organic Minced Beef Cottage Pie	Roast Chicken with Roast Potatoes and Gravy	Hawaiin Pizza with Sliced Potatoes	MSC Fish Fingers with Chips
8 May 5 June 26 June 17 July	Vegetarian Jackets	Cheese & Tomato Pizza With sliced potato Jacket potato with Cheese	Vegetable & Chickpea Hotpot Homemade Tomato Soup With Half a filled baguette	Spinach & Tomato Quiche with Roast Potatoes Jacket potato With Tuna Mayo or Cheese	Sweet & Sour Vegetables with Rice Homemade Vegetable Soup with half a filled baguette	Frittata with Chips Tuna Salad with Chips
		Green Beans Carrots	Brocolli Sweetcorn	Savoy Cabbage Carrots	Sweetcorn Carrots	Baked Beans Garden Peas
	Dessert	Chocolate Cake	Fruit Shortcake with Custard	Iced Sponge	Berry & Apple Strudel With Custard	Pear & Ginger Muffin