

FFL GOLD SPRING 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

Ca		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
02-Jan 23-Jan 20-Feb	Main	Meatballs in gravy with spaghetti	Diced pork goulash with rice	Roast chicken with Roast Potatoes and Gravy	Cottage pie (made with organic mince)	MSC Fishwich With Chips
	Vegetarian	Cheese, Tomato and Spinach Quiche (made with wholemeal flour) with New	Macaroni Cheese with Tomato topping	sweet & sour Quorn with noodles	Spring vegetable cottage pie	Veggie Hot Dog with Chips
	Jackets	Potatoes Jacket potato with tuna	Jacket potato with cheese	Jacket potato with beans	Jacket potato with salmon mayo	Deli Bag Chicken & Sweetcorn Mayo Or Cheese
13-Mar		Carrots Swede	Sweet corn & Peas	Cabbage Carrots	Green beans Cauliflower	beans Garden Peas
	Dessert	Eves Pudding with Custard	Fruit jelly	Chocolate shortbread	Wholemeal Pear and Raisin Upside down Cake with Custard	Iced Sponge
Week 2	Main	Sausages & mash Potatoes and Gravy	BBQ Chicken pizza (Free range chicken)	Roast Ham with Roast Potatoes & Gravy	Spaghetti bolognaise (made with organic mince)	MSC Battered Fish and chips
09-Jan 30-Jan	Vegetarian	Vegetable Sausage with Mash Potato	Cheese & tomato pizza (Made with wholemeal bread mix)	Red pepper & cheese frittata with Roast Potatoes	Vegetable pasta bolognaise	Vegetable wrap with Chips
27-Feb	Jackets	Jacket potato with tuna	Jacket potato with cheese	Jacket potato with beans	Jacket potato with salmon mayo	Deli Bag Ham or Egg Mayo
20-Mar		Garden Peas Carrots	Coleslaw Mixed Salad	Broccoli Crushed Swede	Green beans Sweet corn	Baked Beans Garden Peas
	Dessert	Fruit Crumble and Custard	Chocolate Muffin with chocolate sauce	Carrot cake	Wholemeal Banana Sponge with Custard	Toffee crispy
Week 3	Main	Beef Burger in a Bun with Baby New Potatoes	Chicken risotto	Roast turkey with Roast Potatoes and Gravy	Lasagne with Garlic Slice (made with Organic Beef)	MSC Fish Fingers with Chips
16-Jan 06-Feb 06-Mar 27-Mar	Vegetarian	Vegetable and Bean Cobbler with New Potatoes	Lentil and sweet potato Curry with Rice	Vegetarian Wellington with Roast Potatoes	Vegetable Goulash with Rice	Cheese & pepper flan with Chips
	Jackets	Jacket potato with Tuna	Jacket potato with cheese	Jacket potato with beans	Jacket potato with salmon mayo	Deli Bag Tuna or Cheese
		Carrots Sweet Corn	Cauliflower Broccoli	Shredded Cabbage Carrots	Roasted Vegetable Medley	Baked Beans Garden Peas
	Dessert	Pineapple upside down Cake and Custard	Chocolate Oaty Square with Chocolate Sauce	Orange triangle cake (Contains wholemeal flour)	Chocolate & beetroot brownie	Fruit Flapjack