

# Staffordshire FFL Spring Summer 2020 Menu Week 1

W/C 20/04, 11/05, 08/06, 29/06, 01/09, 21/09, 12/10

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<p><b>Cheese and Tomato Pizza **</b> <i>with Dough Balls (V)</i></p> <p>Cheesy Tomato Topped Pizza Slice</p>	<p><b>Chicken Burger</b> <i>with Potato Wedges</i></p> <p>Roast chicken Slices served in a soft bun with lettuce and mayonnaise</p>	<p><b>Roast Turkey</b> <i>with Roast Potatoes and Gravy</i></p> <p>Succulent roast Turkey with fluffy roasties and tasty gravy</p>	<p><b>Pasta Bolognese **</b></p> <p>A classic Italian beef Bolognese in a yummy tomato sauce</p>	<p><b>Golden Fish Fingers and Chips</b></p> <p>Crispy Fish Fingers and scrummy chips</p>
<b>Alternative Dish</b>	<p><b>Vegetarian Wrap (V)</b></p> <p>A soft wrap filled with lightly spiced vegetables and rice</p>	<p><b>Mac 'N' Cheese (V)</b></p> <p>Traditional baked macaroni in a creamy cheese sauce</p>	<p><b>Roast Quorn (V)</b></p> <p><i>A traditional Quorn roast with fluffy roasties and Gravy (V)</i></p>	<p><b>Hotdog with Potato Wedges (V)</b></p> <p>Our favourite vegetarian hotdog served with ketchup in a soft sub roll</p>	<p><b>Quorn Nuggets (V)</b></p> <p>Crispy Quorn nuggets and scrummy chips or Jacket Potato with Salmon Mayonnaise***</p>
<b>Packed Lunch</b>	Ham or Cheese Sandwich or Daily Special Wrap or Baguette served with Veg Sticks, Fresh Fruit or Dessert of the Day				
<b>Jacket Potato</b>	Jacket Potato with a Choice of Fillings				
<b>Vegetables</b>	<p>Fresh Carrots Peas</p>	<p>Sweetcorn Fresh Broccoli</p>	<p>Fresh Carrots Fresh Cabbage</p>	<p>Fresh Broccoli Sweetcorn</p>	<p>Baked Beans Fresh Carrots Peas</p>
<b>Desserts</b>	<p><b>Secret Brownie with Fruit Slices*</b></p>	<p><b>Orange &amp; Carrot Cake*</b></p>	<p><b>Banana Flapjack*</b></p>	<p><b>Apple &amp; Berry Crumble* with Custard</b></p>	<p><b>Raspberry Ripple Ice Cream with Fruit Slices*</b></p>
<p>Cool Water, Fruit Juice, Fresh Fruit, Freshly Baked Bread, Milk and Yoghurt available daily</p> <p>*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian</p>					





# Staffordshire FFL Spring Summer 2020 Menu Week 2

W/C 27/04, 18/05, 15/06, 06/07, 07/09, 28/09, 19/10

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Vegetable Supreme Pizza **</b> <i>with Dough Balls (V)</i> Cheesy Tomato Topped Pizza Slice	<b>Chicken Tikka Masala with Rice **</b> Succulent chicken in a mild curry sauce	<b>Roast Gammon with Roast Potatoes and Gravy</b> Crispy roast gammon with fluffy roasties and tasty gravy	<b>Cottage Pie</b> A classic British dish made with beef mince and topped with mashed potato	<b>Southern Fried Chicken Bites</b> Lightly seasoned crispy chicken strips and scrummy chips
<b>Alternative Dish</b>	<b>Sausages and Mashed Potato with Rich Gravy (V)</b> Fluffy mashed potato with vegetarian sausages and rich gravy	<b>Mac 'N' Cheese (V)</b> Traditional baked macaroni in a creamy cheese sauce	<b>Pastry Slice with Roast Potatoes and Gravy (V)</b> Butternut Squash and potatoes wrapped in flaky pastry with fluffy roasties and Gravy	<b>Vegetable Style Meat Balls in Tomato Sauce (V) with Pasta**</b> Vegetarian meatballs in a Tomato Sauce with pasta	<b>Soft Taco and Chips (V)</b> A soft taco shell filled with a yummy vegetable and tomato chilli
<b>Packed Lunch</b>	Ham or Cheese Sandwich or Daily Special Wrap or Baguette served with Veg Sticks and Fresh Fruit or Dessert of the Day				
<b>Jacket Potato</b>	Jacket Potato with a Choice of Fillings				
<b>Vegetables</b>	Sweetcorn Fresh Broccoli	Fresh Cauliflower Peas	Fresh Cabbage Fresh Carrots	Sweetcorn Fresh Broccoli	Baked Beans Fresh Carrots Peas
<b>Desserts</b>	Creamy Rice Pudding <i>with Peach Slices*</i>	Apple & Carrot Yoghurt Muffin*	Oatie Biscuit with Fruit Slices*	Chocolate Cake <i>with Fruit Slices*</i>	Strawberry Ice Cream <i>with Fruit Slices*</i>

Cool Water, Fruit Juice, Fresh Fruit, Freshly Baked Bread, Milk and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (V) Vegetarian





# Staffordshire FFL Spring Summer 2020 Menu Week 3

W/C 04/05, 01/06, 22/06, 13/07, 14/09, 05/10

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Cheese and Tomato Pizza **</b> <i>with Dough Balls (V)</i> Cheesy Tomato Topped Pizza Slice	<b>Sausages and Mashed Potato</b> <i>with Rich Gravy</i> Traditional Pork Sausages and Mashed potato with rich Gravy	<b>Roast Chicken Breast</b> <i>with Fluffy Roasties and Gravy</i> with fluffy roasties and tasty gravy	<b>Favourite Beef Lasagne</b> <i>with Garlic and Herb Bread Wedge**</i> A classic Italian beef lasagne baked in a creamy cheese sauce	<b>Golden Fish Fingers</b> <i>and Chips</i> Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Chinese Vegetable Noodles (V)</b> Traditional Chinese egg noodles with stir fried vegetables	<b>Quorn Bolognese **(V)</b> Penne pasta in a yummy tomato and Quorn sauce	<b>Roast Quorn</b> <i>with Roast Potatoes and Gravy (V)</i> A traditional Quorn roast	<b>Mild Bean Chilli</b> <i>with a Rice side **(V)</i> Super yummy mildly spiced vegetable chilli	<b>The Incredible Burger (V)</b> A delicious Southern style vegetable burger with scrummy chips
<b>Packed Lunch</b>	<b>Ham or Cheese Sandwich or Daily Special Wrap or Baguette served with Veg Sticks and Fresh Fruit or Dessert of the Day</b>				
<b>Jacket Potato</b>	<b>Jacket Potato with a Choice of Fillings</b>				
<b>Vegetables</b>	Sweetcorn Fresh Broccoli	Peas Fresh Carrots	Fresh Carrots Fresh Cabbage	Sweetcorn Fresh Broccoli	Baked Beans Fresh Carrots Peas
<b>Desserts</b>	Raspberry Yoghurt Cake <i>with Fruit Slices*</i>	Shortbread <i>with Custard &amp; Peach Slices*</i>	Flapjack <i>with Fruit Slices *</i>	Chocolate Brownie <i>with Chopped Apricots*</i>	Vanilla Ice Cream <i>with Fruit Slices*</i>

Cool Water, Fruit Juice, Fresh Fruit, Freshly Baked Bread, Milk and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (V) Vegetarian

