

# 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
Hot Main Dish	<b>Cheese and Tomato Pizza **</b> <i>with Dough Balls (V)</i>  Cheesy tomato topped pizza slice	<b>Chicken Burger</b> <i>with Potato Wedges</i>  Roast chicken slices served in a soft bun with lettuce and mayonnaise	<b>Roast Turkey</b> <i>with Roast Potatoes and Gravy</i>  Succulent roast turkey with fluffy roasties and tasty gravy	<b>Pasta Bolognese **</b>  A classic Italian beef bolognese in a yummy tomato sauce	<b>Golden Fish Fingers and Chips</b>  Crispy fish fingers and scrummy chips
Alternative Dish	<b>Vegetarian Wrap (V)</b> A soft wrap filled with lightly spiced vegetables and rice	<b>Mac 'N' Cheese (V)</b>  Traditional baked macaroni in a creamy cheese sauce	<b>Roast Quorn (V)</b> <i>with Roast Potatoes and Gravy</i>  A traditional Quorn roast with fluffy roasties and tasty gravy	<b>Hotdog</b> <i>with Potato Wedges (V)</i>  Our favourite vegetarian hotdog served with ketchup in a soft sub roll	<b>Quorn Nuggets (V)</b> Crispy Quorn nuggets and scrummy chips or <b>Jacket Potato</b> <i>with Salmon Mayonnaise***</i>
Packed Lunch	Ham or Cheese Sandwich or Daily Special Wrap or Baguette served with Veg Sticks, Fresh Fruit or Dessert of the Day				
Jacket Potato	Jacket Potato with a Choice of Fillings				
Vegetables	Fresh Carrots Peas	Sweetcorn Fresh Broccoli	Fresh Carrots Fresh Cabbage	Fresh Broccoli Sweetcorn	Baked Beans Fresh Carrots Peas
Desserts	<b>Secret Brownie</b> <i>with Fruit Slices*</i>	<b>Orange and Carrot Cake*</b>	<b>Banana Flapjack*</b>	<b>Apple and Berry Crumble*</b> <i>with Custard</i>	<b>Raspberry Ripple Ice Cream</b> <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 2

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Vegetable Supreme Pizza **</b> <i>with Dough Balls (V)</i> Cheesy tomato topped pizza slice	<b>Chicken Tikka Masala</b> <i>with Rice **</i> 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
Alternative Dish	<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 tasty gravy	<b>Vegetable Style Meatballs 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
Packed Lunch	Ham or Cheese Sandwich or Daily Special Wrap or Baguette served with Veg Sticks and Fresh Fruit or Dessert of the Day				
Jacket Potato	Jacket Potato with a Choice of Fillings				
Vegetables	Sweetcorn Fresh Broccoli	Fresh Cauliflower Peas	Fresh Cabbage Fresh Carrots	Sweetcorn Fresh Broccoli	Baked Beans Fresh Carrots Peas
Desserts	Creamy Rice Pudding <i>with Peach Slices*</i>	Apple and Carrot Yoghurt Muffin*	Oatie Biscuit <i>with Fruit Slices*</i>	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

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

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

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