

Staffordshire FFL Autumn Winter 2020 Menu Week 1

W/C 21/09, 12/10, 02/11, 23/11, 14/12, 04/01, 25/01

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

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

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



Staffordshire FFL Autumn Winter 2020 Menu Week 2

W/C 28/09, 19/10, 09/11, 30/11, 11/01, 01/02

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetable Supreme Pizza ** <i>with Dough Balls (V)</i> Cheesy tomato topped pizza slice	Chicken Tikka Masala <i>with Rice **</i> Succulent chicken in a mild curry sauce	Roast Gammon with Roast Potatoes and Gravy Crispy roast gammon with fluffy roasties and tasty gravy	Cottage Pie A classic British dish made with beef mince and topped with mashed potato	Golden Fish Fingers and Chips Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	Sausages and Mashed Potato with Rich Gravy (V) Fluffy mashed potato with vegetarian sausages and rich gravy	Mac 'N' Cheese (V) Traditional baked macaroni in a creamy cheese sauce	Pastry Slice with Roast Potatoes and Gravy (V) Butternut squash and potatoes wrapped in flaky pastry with fluffy roasties and tasty gravy	Vegetable Style Meatballs in Tomato Sauce (V) with Pasta** Vegetarian meatballs in a tomato sauce with pasta	Soft Taco and Chips (V) 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 Homemade Coleslaw & Fresh Salad	Sweetcorn Peas	Fresh Cabbage Fresh Carrots	Sweetcorn Fresh Broccoli	Baked Beans Peas
Desserts	Shortbread with Peach Slices*	Plain Muffin	Oatie Biscuit with Fruit Slices*	Chocolate Cake with Fruit Slices*	Strawberry Ice Cream with Fruit Slices*

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

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



Staffordshire FFL Autumn Winter 2020 Menu Week 3

W/C 05/10, 26/10, 16/11, 07/12, 14/12, 18/01, 08/02

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<p>Cheese and Tomato Pizza ** <i>with Dough Balls (V)</i></p> <p>Cheesy tomato topped pizza slice</p>	<p>Sausages and Mashed Potato <i>with Rich Gravy</i></p> <p>Traditional pork sausages and mashed potato with rich gravy</p>	<p>Roast Chicken Breast <i>with Roast Potatoes and Gravy</i></p> <p>Moist roast chicken with fluffy roasties and tasty gravy</p>	<p>All Day Breakfast Sausage, bacon, omelette, hash browns ,baked beans, toast</p>	<p>Golden Fish Fingers and Chips</p> <p>Crispy fish fingers and scrummy chips</p>
Alternative Dish	<p>Chinese Vegetable Noodles (V)</p> <p>Traditional Chinese egg noodles with stir fried vegetables</p>	<p>Quorn Bolognese ** (V)</p> <p>Penne pasta in a yummy tomato and Quorn sauce</p>	<p>Roast Quorn <i>with Roast Potatoes and Gravy (V)</i></p> <p>A traditional Quorn roast with fluffy roasties and tasty gravy</p>	<p>Quorn All Day Breakfast Sausage, omelette, hash browns ,baked beans, toast</p>	<p>Quorn Burger (V) And 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 Homemade Coleslaw & Fresh Sala</p>	<p>Peas Fresh Carrots</p>	<p>Fresh Carrots Fresh Cabbage</p>	<p>Baked Beans</p>	<p>Baked Beans Peas</p>
Desserts	<p>Raspberry Yoghurt Cake <i>with Fruit Slices*</i></p>	<p>Shortbread <i>with Custard & 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

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

