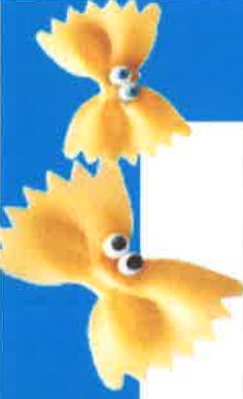


# FFL Spring 2016 Menu

## Week 1



	Italian	Family Favourites	Traditional	Global Adventure	Fun Day
Hot Main Dish	<b>Mega Mozzarella &amp; Tomato Pizza**</b> with Jacket Wedges and Chop Salad	<b>Bangers with a Mash Mountain</b> Pork sausages with a Creamy Mashed Potato, Peas and Gravy	<b>Roast Turkey and Crispy Spuds</b> With Carrots, Seasonal Cabbage and Gravy	<b>Sweet &amp; Sour Chicken</b> Sweet & Sour Chicken with Special Rice and Sweetcorn	<b>Fish Fingers with Chips</b> Golden Pollock Fillet Fish Fingers with Chips and Baked Beans or Peas
Alternative Dish	<b>Creamy Beany Carbonara**</b> Borlotti Bean & Mushroom Carbonara with Sweetcorn	<b>Mild Veggie Chilli</b> Vegetable Chilli with Soft Tacos with Tomato Salsa	<b>Super Quorn Roast and Crispy Spuds</b> Quorn Roast with Carrots, Seasonal Cabbage and Gravy	<b>Spud with Chickpea Korma</b> Jacket Potato with Cauliflower and Chickpea Korma and Crunchy Salad	<b>Cheesy Picnic Plate</b> Cheese Ploughman's with Vegetable Sticks
Desserts	Tutti Frutti Yoghurt Fresh Fruit	Fruit in Jelly Yoghurt Fresh Fruit	Brownie with Fresh Fruit Yoghurt Fresh Fruit	Mango FroYo Fresh Fruit	Fruit-packed Picnic Bar Fresh Fruit

Cool Water served daily

\*Fruit Based \*\*Wholegrain



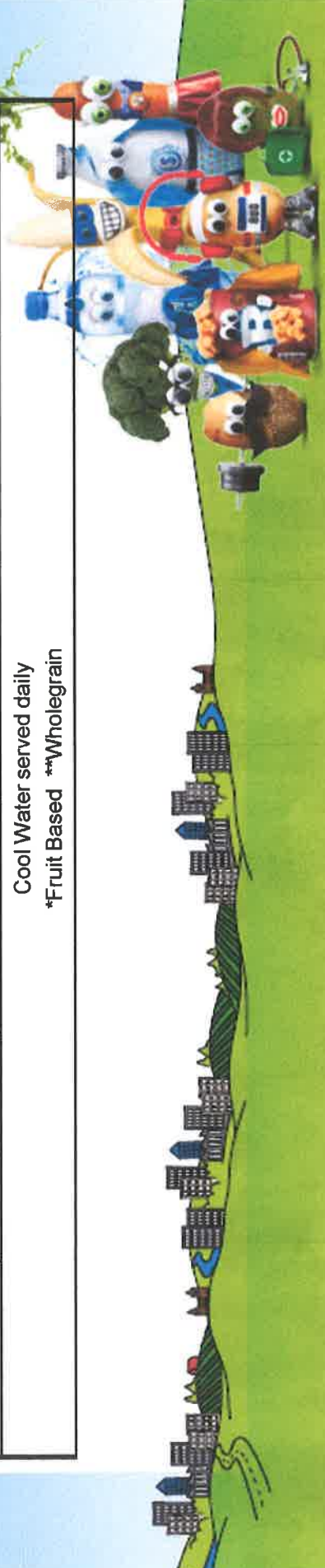
# FFL Spring 2016 Menu

## Week 2



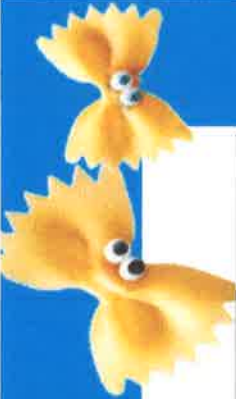
	Italian	Family Favourites	Traditional	Global Adventure	Fun Day
<b>Hot Main Dish</b>	<b>Mega Mozzarella Pepper and Pineapple Pizza</b> with Oven Baked Wedges and Appleslaw	<b>Pasta Bolognese**</b> Beef Bolognese with a Crunchy Salad	<b>Roast Pork with Crispy Spuds</b> With Roasted Vegetables and Gravy	<b>Chicken Tikka</b> with Basmati Rice and Cucumber Raitta	<b>Crispy Fish &amp; Chips</b> Crispy Battered Pollock with Chips and Baked Beans or Peas
<b>Alternative Dish</b>	<b>Summer Beany Feast</b> Mediterranean Summer Beans With Oven Baked Wedges and Sweetcorn	<b>Baked Bean Spud</b> Jacket Potato with Baked Beans and a Crunchy Salad	<b>Cauli Corn Bake and Crispy Spuds</b> Cauliflower and Creamed Corn Bake with Roasted Vegetables	<b>Chinese Veggie Noodles</b> Vegetable Chow Mein with Broccoli	<b>BBQ Bean Wrap</b> with Chips and Crunchy Salad
<b>Desserts</b>	Yoghurt with a Crunchy Biscuit Fresh Fruit	Cheese and Cracker Snack Yoghurt Fresh Fruit	Peachy Crumble Crunch with Custard Yoghurt Fresh Fruit	Fruity Gingercake Plate Yoghurt Fresh Fruit	Super Vanilla Milkshake and Oatie Cookie Yoghurt Fresh Fruit

Cool Water served daily  
\*Fruit Based \*\*Wholegrain



# FFL Spring 2016 Menu

## Week 3



	Italian	Family Favourites	Traditional	Global Adventure	Fun Day
<b>Hot Main Dish</b>	<b>Veg-Power Pizza</b> Vegetable Supreme Pizza with Oven Baked Wedges and Chop Chop Salad	<b>Super Hero Burger</b> Beef Burger with Bap and Baked Beans or Peas	<b>Roast Chicken with Crispy Spuds</b> With Carrots, Seasonal Cabbage and Gravy	<b>Chilli Stuffed Taco</b> Chilli Beef Soft Taco with Rice** and Salsa	Fish Fingers Salmon Fish Fingers with Chips, Pas or Baked Beans
<b>Alternative Dish</b>	<b>Veggie Bolognese</b> Vegetarian Bolognese with Pasta and Chop Chop Salad	<b>Mac 'N' Cheese</b> Macaroni Cheese with Crunchy Salad	<b>Butterbean Crumble with Crispy Spuds</b> With Carrots, Seasonal Cabbage and Gravy	<b>Sizzling Beans Spud</b> Jacket Potato with Sizzling Fajita Beans and Sweetcorn	<b>The Very Veggie Hero Hotdog</b> Vegetarian Hotdog with Chips and Baked Beans or Peas
<b>Desserts</b>	<b>Crunchy Italian Biscuits</b> with Fruit Slices Yoghurt Fresh Fruit	<b>Yoghurt with Melon and Peaches</b> Fresh Fruit	<b>Banana &amp; Sticky Toffee Pudding*</b> with Custard Yoghurt Fresh Fruit	<b>Super Chocolate Milkshake &amp; Oatie Cookie</b> Yoghurt Fresh Fruit	<b>Cool Ice-Cream Pot</b> Yoghurt Fresh Fruit

Cool Water served daily  
\*Fruit Based \*\*Wholegrain

