

Primary FFL Spring Summer 2020 Menu
Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<p>Chinese Veggie Noodles (V)</p> <p>Fragrant egg noodles with stir fried vegetables</p>	<p>Southern Fried Chicken Tasters with Potato Wedges</p> <p>Lightly seasoned chicken strips</p>	<p>Prime Roast Beef with Roast Potatoes and Gravy</p> <p>Succulent roast chicken with fluffy roasties and tasty gravy</p>	<p>Beef Burrito 93170089</p> <p>Soft wrap filled with lightly spiced beef and rice</p>	<p>Herby Roast Fish with Chips</p> <p>Roast fish with a herb and lemon crust</p>
Alternative Dish	<p>Cheese and Tomato Pizza ** with Dough Balls (V)</p> <p>Cheesy Tomato Topped Pizza Slice</p>	<p>Quorn Bolognese **(V)</p> <p>Penne pasta in a yummy tomato and Quorn sauce</p>	<p>Country Vegetable Pie with Roast Potatoes and Gravy (V) (pastry)</p> <p>Creamy vegetable pie with a shortcrust topper</p>	<p>Mild Chickpea & Potato Curry with a Rice side **(V)</p> <p>A tasty chick pea and potato masala</p>	<p>Quorn Nuggets and Chips (V)</p> <p>Crispy Quorn nuggets with their fave sauce – ketchup</p>
Vegetables	<p>Sweetcorn Broccoli</p>	<p>Peas Carrots</p>	<p>Broccoli Cabbage</p>	<p>Sweetcorn Peas</p>	<p>Baked Beans Broccoli</p>
Desserts	<p>Raspberry Ripple Cake</p>	<p>Peach Shortbread Pudding * with Custard</p>	<p>Fruity Picnic Bar*</p>	<p>Crunchy Chocolate Biscuit</p>	<p>Strawberry Frozen Yoghurt</p>

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

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

