



If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child

FFL GOLD AUTUMN MENU 2016

| Week | | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------------------|---|--|---|---|--|
| Week 1 29-Aug 19-Sep 10-Oct 7-Nov 28-Nov 19-Dec | Main | Beef meatballs in tomato sauce with rice | chicken & broccoli pasta bake | Roast Gammon with Roast Potatoes and Gravy | Chicken Curry with Rice | MSC Fishwich with Chips |
| | Vegetarian | Cheese & tomato pizza with new potatoes | Quorn Sausages & Mash with Gravy | Vegetable Moussaka with Roast Potatoes | Chickpea & vegetable hotpot | Cheese & tomato quiche with Chips |
| | Jackets | Jacket Potato with tuna | Jacket Potato with beans | Jacket Potato with salmon MAyo | Jacket Potato with cheese | Jacket Potato with beans |
| | | Roasted Mixed Vegetables | Carrots Green Beans | broccoli Swede | Sweet corn Peppers | Baked Beans Garden Peas |
| | Dessert | Peach Crumble with Custard Yoghurt Fresh Fruit Platter | Chocolate Krispie cake Yoghurt Fresh Fruit Salad | Fruity flapjack Yoghurt Fresh Fruit Platter | Apple Pie & Custard Yoghurt Fresh Fruit Salad | Chocolate & Mandarin Muffin Yoghurt Fresh Fruit Chunks |
| Week 2 5-Sep 26-Sep 17-Oct 14-Nov 5-Dec | Main | Beef Burger in a bun with new potatoes | Chicken & Sweetcorn Pie With mash potato | Roast Pork with Roast Potatoes and Gravy | Organic beef Spaghetti Bolognaise | MSC Fish Fingers with Chips |
| | Vegetarian | Cheese & Pepper whirl with New potatoes | Vegetable lasagne with garlic slice | Vegetable Wellington with Roast Potatoes | Lentil & Spinach Curry with Rice | Vegetable enchiladas with Chips |
| | Jackets | Jacket Potato with tuna | Jacket Potato with beans | Jacket Potato with salmon Mayo | Jacket potato with cheese | Jacket potato with beans |
| | | Sweetcorn carrots | Green Beans Courgettes | Carrots Cauliflower | Roasted Mixed Vegetables | Baked Beans Garden Peas |
| | Dessert | Pineapple Upside Down Cake with custard Yoghurt Fresh Fruit Platter | Chocolate crunch with chocolate sauce Yoghurt Fresh Fruit Chunks | Wholemeal Banana loaf Yoghurt Fresh Fruit Salad | Fruit Jelly Yoghurt Fresh Fruit Platter | Chocolate & Beetroot Brownie Yoghurt Fresh Fruit Chunks |
| Week 3 12-Sep 3-Oct 31-Oct 21-Nov 12-Dec | Main | Sausages with Mash & Gravy | Organic Meaty pizza with Savoury wedges | Roast Chicken with Stuffing with Roast Potatoes and Gravy | Organic Beef cottage pie | MSC Battered fish with Chips |
| | Vegetarian | Veggie Toad in the Hole with Mash & Gravy | Spiced Vegetable & Quorn Pattie | Mixed Vegetable loaf with Roast Potatoes | Macaroni cheese | Cheese & leek flan with Chips |
| | Jackets | Jacket Potato with tuna | Jacket Potato with beans | Jacket Potato with salmon Mayo | Jacket potato with cheese | Jacket Potato with beans |
| | | Sweet corn Mixed Peas | Green Beans carrots | Savoy Cabbage broccoli | Sweetcorn Cauliflower | Garden Peas Baked Beans |
| | Dessert | Rice Pudding with mixed berries Yoghurt Fresh Fruit Platter | Eves Pudding with custard Yoghurt Fresh Fruit Salad | Carrot & courgette cake Yoghurt Fresh Fruit Chunks | Syrup Sponge with Custard Yoghurt Fresh Fruit Salad | chocolate shortbread Yoghurt Fresh Fruit Platter |