







Primary Lunch FFL Menu Autumn 2021



Lunch Menu

Week 1 – W/C 30 Aug, 20th Sept, 11th Oct, 8th Nov, 29th Nov, 4th Jan, 25th Jan



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Burrito (V) A soft wrap filled with lightly spiced veggies and rice 	Allegra's Chicken Filo Pie with Mashed Potato Light filo pastry, hearty chicken centre	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Beef Bolognese ** A classic Italian beef Bolognese in a yummy tomato sauce 	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Macaroni Cheese (V) Cheesy Macaroni Pasta	Allegra's BBQ Beans (V) Served with Cornbread 	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V)  A chunky sweet potato and chickpea roast	Butternut Squash and Tomato Bake with Rice (V) **  A delicious butternut squash and tomato bake served with rice	Quorn Dippers and Chips (V) Crispy Quorn nuggets with their fav sauce – ketchup
Third Choice		Jacket Potato with Salmon Mayonnaise ***			
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad				
Jacket Potato	Jacket Potato With A Choice Of Fillings (Daily option) 				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Raspberry Ripple Ice-Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices*	Berry & Peach Oaty Crumble* with Custard	Orange, Sultana & Carrot Slice

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

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

Lunch Menu

Week 2 - w/C 6th Sept, 27th Sept, 18th Oct, 15th Nov, 6th Dec, , 10th Jan, 31st Jan



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Bolognese ** (V) Penne pasta in a yummy tomato sauce 	Allegra's Chicken Katsu with Rice** Served with Wholemeal Rice	Roast Gammon with Roast Potatoes and Gravy Succulent roast gammon with fluffy roasties and tasty gravy	Cottage Pie A classic cottage pie with veg and gravy 	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza ** with Dough Balls (V) Cheesy Tomato Topped Pizza Slice	Allegra's Oodles of Noodles (V) Veggie Noodles 	Creamy Vegetable Pie with Roast Potatoes and Gravy (V) Creamy vegetable pie with a cheesy shortcrust topper	Mild Chickpea and Potato Curry (V) ** Served with Wholemeal Rice 	Tomato Veggie Burger with Chips (V) A delicious homemade veggie burger 
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad				
Jacket Potato	Jacket Potato With A Choice Of Fillings (Daily option)				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Carrot Sticks Cucumber Sticks	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Flapjack with Fruit Slices*	Peach Shortbread Pudding* & Custard	Raspberry yoghurt cake	Fruity Chocolate Brownie	Vanilla Ice-Cream

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






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



Lunch Menu

Week 3 – w/C 13th Sept, 4th Oct, 1st Nov, 22th Nov, 13th Dec, 17th Jan, 7th Feb



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Macaroni Cheese (V) Cheesy Macaroni Pasta	Allegra's Garlicky Chicken and Spanishy Spuds  Garlic Seasoned Chicken served with potatoes	Roast Pork with Roast Potatoes and Gravy Succulent roast pork with fluffy roasties and tasty gravy	Beef Burrito A soft wrap filled with fresh beef and rice 	Southern Fried Chicken Tasters Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	Veggie Sausage and Mash with Gravy (V) Fluffy mash with veggie sausages and rich gravy 	Allegra's Cheesy Peasy Risotto Bake (V) A delicious cheesy risotto	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy (V) A chunky Butternut Squash and potato slice	Veggie Lasagne with a bread wedge (V) ** Delicious sheets of pasta layered with veggies and tomato sauce	Soft Taco and Chips (V) A soft taco shell filled with a yummy veggie tomato chilli 
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.				
Jacket Potato	Jacket Potato With A Choice Of Fillings (Daily option) 				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Oatie Biscuit* with Fruit Slices	Apple and Carrot Yoghurt Muffin*	Strawberry Ice Cream	Chocolate Sponge Cake	Creamy Peach Rice Pudding

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

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

