

# TRANSPORT FFL THREE WEEK MENU

AUTUMN/WINTER 2022

OUR NEW  
MENU CHOSEN  
BY PARENTS  
AND CHILDREN



YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



# WEEK 1 MENU

W/C: 05/09, 26/09, 17/10, 31/10, 21/11,  
12/12, 16/01, 06/02, 06/03, 27/03,



AUTUMN/WINTER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Macaroni Cheese	BBQ Chicken Served with Rice	Roast Chicken Served with Roast Potatoes and Gravy	Beef Bolognese	Breaded Fish Fingers Served with Chips, Peas and Beans
Alternative Dish	Vegetable Biryani	Cheese and Tomato Pizza	Sweet Potato & Chickpea Roast	Vegetarian Bolognese	Quorn Dippers
Third Choice	-	Jacket Potato with Salmon Mayonnaise	-	-	-
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings
Pasta	Tomato Pasta Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Carrots and Peas	Sweetcorn and Fresh Salad	Carrots and Cabbage	Fresh Broccoli and Sweetcorn	Peas and Beans
Dessert	Strawberry Ice Cream	Hot Chocolate Sponge	Oat Cookie with Fruit Slices	Secret Brownie with Fruit Slices	Shortbread with Fruit Slices



**AVAILABLE EVERY DAY**  
WATER, SALAD, FRESHLY BAKED BREAD  
YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

# WEEK 2 MENU

W/C: 12/09, 03/10, 07/11, 28/11, 02/01, 23/01, 20/02, 13/03,



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	<b>Cheese and Tomato Pizza</b>	<b>Chicken Korma</b> Served with Rice	<b>Roast Turkey</b> Served with Yorkshire Pudding, Mashed Potato and Gravy	<b>Beef Lasagne</b>	<b>Breaded Fish Fingers</b> Served with Chips, Peas and Beans
Alternative Dish	<b>Vegetable Chilli</b> Served with Rice	<b>Vegetable Korma</b> Served with Rice	<b>Vegetable Pasty Roll</b> Served with Mashed Potato and Gravy	<b>Vegetable Lasagne</b>	<b>Quorn Dippers</b> Served with Chips, Peas and Beans
Salads	<b>Freshly Prepared Salads</b> Available every day				
Jacket Potato	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings	<b>Jacket Potato</b> With a choice of fillings
Pasta	<b>Tomato Pasta</b> Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	<b>Carrot and Cucumber sticks</b>	<b>Peas and Broccoli</b>	<b>Carrots and Cabbage</b>	<b>Sweetcorn and Green Beans</b>	<b>Peas and Beans</b>
Dessert	<b>Chocolate Ice Cream</b>	<b>Banana and Apricot Flapjack served with Fresh Fruit</b>	<b>Jam Sponge</b>	<b>Raspberry Ripple Cake served with Fresh Fruit</b>	<b>Strawberry Milkshake served with Fresh Fruit</b>

AVAILABLE EVERY DAY  
WATER, SALAD, FRESHLY BAKED BREAD  
YOGHURT AND FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice



# WEEK 3 MENU

W/C: 19/09, 10/10, 14/11, 05/12, 09/01, 30/01, 27/02, 20/03



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Cheese & Tomato Pizza	Sweet and Sour Chicken Served with Wholemeal Rice	Roast Chicken Served with Roast Potatoes and Gravy	Beef Bolognese	Southern Fried Chicken Served with Chips, Peas and Beans
Alternative Dish	Sweet Potato Curry Served with Wholemeal Rice	Caribbean Vegetable Rice	Sweet Potato & Chickpea Roast Served with Roast Potatoes and Tasty Gravy	Vegetarian Cottage Pie Served with Sweetcorn, Green Beans and Gravy	Vegan Meatballs in Tomato Sauce Served with Chips, Peas and Beans
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings	Jacket Potato With a choice of fillings
Pasta	Tomato Pasta Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Peas and Carrots	Broccoli and Sweetcorn	Carrots and Cabbage	Sweetcorn and Green Beans	Peas and Beans
Dessert	Vanilla Ice Cream	Fruit Flapjack	Fruit Jelly	Orange Shortbread with Fruit Slices	Chocolate Milkshake served with Chocolate Biscuit

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YOGHURT AND FRESH FRUIT

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