Staffordshire FFL Autumn 2020 Menu Week 1

W/C 12/10, 9/11 & 30/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**OPTION 1** Cheese and Tomato Pizza	**OPTION 1** Chicken Burger *with Potato Wedges*	**OPTION 1** Roast Turkey Or **OPTION 2** Roast Quorn *with Roast Potatoes and Gravy*	**OPTION 1** Hot Dog with Potato Wedges	**OPTION 1** Golden Fish Fingers *and Chips*
Packed Lunch	**COLD OPTION - Ham , Tuna or Cheese Sandwich served with, Fresh Fruit , dessert of the day and Fresh Bottled Water**				
Jacket Potato	**OPTION 2 – MON, TUE, THUR FRI ONLY - Jacket Potato with Cheese & Beans (served on the side)**				
Vegetables	Fresh Carrots And Beans	Fresh Broccoli And Beans	Fresh Carrots and Cabbage	Sweetcorn or Beans	Baked Beans or Peas
Desserts	Chocolate Brown with Fruit Slices	Vanilla Cake and Fruit Slices	Flapjack with Fruit Slices	Apple crumble with custard	Ice Cream with fruit slices
Bottled Water, *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

Staffordshire FFL Autumn 2020 Menu Week 2

W/C 19/10, 16/11 & 07/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**OPTION 1** Mac 'N' Cheese	**OPTION 1** Chicken Tikka Masala *Served with Rice* **	**OPTION 1** Roast Gammon or **OPTION 2** Roast Quorn *with Roast Potatoes* *and Gravy*	**OPTION 1** Pasta Bolognese **	**OPTION 1** Golden Fish Fingers *and Chips*
Packed Lunch	**COLD OPTION - Ham , Tuna or Cheese Sandwich served with, Fresh Fruit , dessert of the day and Fresh Bottled Water**				
Jacket Potato	**OPTION 2 – MON, TUE, THUR FRI ONLY - Jacket Potato with Cheese & Beans (served on the side)**				
Vegetables	Fresh Carrots And Beans	Fresh Broccoli and Beans	Fresh Cabbage and Fresh Carrots	Sweetcorn and Beans	Baked Beans or Peas
Desserts	Creamy Rice Pudding with Fruit Slices	Muffin with Fruit Slices	Oatie Biscuit with Fruit Slices	Chocolate Cake with Fruit Slices	Ice Cream with Fruit Slices
Bottled Water, *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

Staffordshire FFL Autumn 2020 Menu Week 3

W/C 02/11, 23/11, 14/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**OPTION 1** Cheese and Tomato Pizza **	**OPTION 1** Sausage and Mash with Gravy	**OPTION 1** Roast Chicken or **OPTION 2** Roast Quorn *with Roast Potatoes and Gravy*	**OPTION 1** Favourite Beef Lasagne with a Garlic & Herb Bread Wedge	**OPTION 1** Golden Fish Fingers *and Chips*
Packed Lunch	**COLD OPTION - Ham , Tuna or Cheese Sandwich served with, Fresh Fruit , dessert of the day and Fresh Bottled Water**				
Jacket Potato	**OPTION 2 – MON, TUE, THUR FRI ONLY - Jacket Potato with Cheese & Beans (served on the side)**				
Vegetables	Fresh Carrots And Beans	Fresh Carrots or Beans	Fresh Cabbage and Fresh Carrots	Fresh Broccoli and Beans	Baked Beans or Peas
Desserts	Vanilla Sponge with Fruit Slices	Shortbread with Custard and Fruit Slices	Flapjack with Fruit Slices	Chocolate Brownie with Fruit Slices	Ice Cream With Fruit Slices
Bottled Water, *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					