

FFL THREE WEEK MENU

THREE WEEK MENU
SPRING/SUMMER 2023

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C 17/04, 08/05, 05/06, 26/06, 17/07

Chartwells
So much more than Fantastic Food



MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese 


Served with Peas and Carrots

Chicken Pie

Served with Mashed Potato and Gravy

Roast Turkey

Served with Roast Potatoes and Gravy

Beef Bolognese  

Served with Wholemeal Pasta, Broccoli and Sweetcorn

Breaded Fish

Served with Chips, Peas, Carrots and Beans

Vegetarian Dish

Vegetarian Sausage  

Served with Mashed Potato and Gravy

Cheese and Tomato Pizza 

Served with Potato Wedges

Vegan Sausage Casserole  

Served with Carrots and Cabbage


Chinese Vegetable Rice 

Quorn Dippers 

Served with Chips, Peas, Carrots and Beans

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
Available every day

Vegetables

Carrots and Peas

Sweetcorn and Green Beans

Carrots and Cabbage

Fresh Broccoli and Sweetcorn



Peas, Carrots and Beans

Dessert

Vanilla Ice Cream with Fruit Slices 

Orange Drizzle Cake and Fruit Slices 

Oat Cookie with Fruit Slices  

Pineapple Upside Down Cake  

Chocolate and Raspberry Swirl Cake and Fruit Slices 

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

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

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's choice

SPRING/SUMMER 2023



WEEK 2 MENU

W/C 24/04, 15/05, 12/06, 03/07, 24/07



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza 🌿🍏

Served with Potato Wedges

Chicken Noodle Stir Fry

Served with Sweetcorn and Broccoli

Roast Gammon

Served with Yorkshire Pudding, Mashed Potato and Gravy

Keralan Chicken Curry 🍏

Served with Wholemeal Rice, Sweetcorn and Green Beans

Breaded Fish

Served with Chips, Peas, Carrots and Beans

Vegetarian Dish

Mixed Bean Pasta 🍏🌿🍏

Served with Tomato Pizza Bread 🌿

Vegetable Lasagne 🍏

Served with Sweetcorn and Broccoli

Vegetable Pie 🍏

Served with Mashed Potato and Gravy

Cauliflower and Sweet Potato Masala 🍏🌿🍏

Served with Wholemeal Rice, Sweetcorn and Green Beans

Quorn Dippers 🍏

Served with Chips, Peas, Carrots 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

Carrots and Peas

Sweetcorn and Broccoli

Carrots and Cabbage

Sweetcorn and Green Beans

Peas, Carrots and Beans

Dessert

Jam Sponge with Fruit Slices 🍏

Banana and Apricot Flapjack served with Fresh Fruit 🍏🍏

Chocolate Ice Cream with Fruit Slices 🍏

Raspberry Ripple Cake with Fruit Slices 🍏🍏

Strawberry Frozen Yoghurt with Fruit Slices 🍏

SPRING/SUMMER 2023

PACKED LUNCH – AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT, FRESH FRUIT AND FRUIT JUICE

🍏 Vegetarian 🐟 Oily fish 🌿 Wholegrain 🍏 Fruity! 🍏 Nutritionist's choice

WEEK 3 MENU

W/C 01/05, 22/05, 19/06, 10/07



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPRING/SUMMER 2023

Hot Main Dish	Cheese and Tomato Pizza 🍕🌱 Served with Potato Wedges	Sweet and Sour Chicken Served with Wholemeal Rice	Roast Pork Served with Roast Potatoes and Gravy	Beef Bolognese 🍖❤️ Served with Wholemeal Pasta, Sweetcorn and Green Beans	Breaded Fish Served with Chips, Peas, Carrots and Beans
Vegetarian Dish	Vegetable Chilli 🌱🍄❤️ Served with Wholemeal Rice	Vegetable Chow Mein 🌱❤️ Served with Broccoli and Sweetcorn	Vegetable Pastry Roll 🌱 Served with Roast Potatoes and Tasty Gravy	Vegetarian Bolognese 🌱❤️ Served with Wholemeal Pasta	Vegan Meatballs in Tomato Sauce 🌱❤️ Served with Chips, Peas, Carrots 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, Carrots and Beans
Dessert	Strawberry Ice Cream and Fruit Slices 🍓🍏	Fruit Flapjack 🍏	Fruit Jelly and Custard with Fruit Slices 🍏	Orange, Sultana and Carrot Slice 🍏	Crispy Crackle Bar and Fruit Slices 🍏

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

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

🌱 Vegetarian 🐟 Oily fish 🍄 Wholegrain 🍏 Fruity! ❤️ Nutritionist's choice