

# FFL Lewisham Spring/Summer 2018 Menu

## Week 1

16/04 07/05 04/06 25/06 16/07 03/09 24/09 15/10



	Monday Mediterranean	Tuesday Family Favourites	Wednesday Traditional	Thursday Global Adventure	Friday Fun Day
Hot Main Dish	<b>Mozzarella &amp; Tomato Pizza</b> <i>with Jacket Wedges</i>	<b>Jerk Chicken</b> <i>with Rice and Peas &amp; Gravy**</i>	<b>Roast Beef</b> <i>with Roast Potatoes &amp; Gravy</i>	<b>Beef Moussaka</b> <i>with Garlic Bread Wedge</i>	<b>Crispy Fish Fillet</b> <i>with Chips</i>
Alternative Dish	<b>Sweet Potato &amp; Chickpea Casserole</b> <i>with Rice **</i>	<b>Shepherdess Pie</b> <i>with Mashed Potato Topping</i>	<b>Quorn Roast</b> <i>with Roast Potatoes with Gravy</i>	<b>Stir Fry Vegetable Noodles</b>	<b>Veggie Hot Dog</b> <i>with Chips</i>
Deli Bar	School's Choice <sup>+</sup>	School's Choice <sup>+</sup>	School's Choice <sup>+</sup>	School's Choice <sup>+</sup>	School's Choice <sup>+</sup>
Vegetables & Salad	<b>Sweetcorn Broccoli Coleslaw</b>	<b>Carrots Green Beans Potato Salad</b>	<b>Seasonal Cabbage Peas Mixed Bean Salad</b>	<b>Broccoli Sweetcorn Carrot &amp; Sultana</b>	<b>Baked Beans Peas Appleslaw</b>
Desserts	<b>Blueberry Frozen Yoghurt</b> <i>with Fresh Fruit Slices*</i>  <b>Fresh Fruit Bowl</b>	<b>Chocolate and Banana Tray Bake</b> <i>with Custard</i>  <b>Fresh Fruit Salad</b>	<b>Wedges of Melon and Pineapple</b> <i>with Yoghurt*</i>  <b>Fresh Fruit Bowl</b>	<b>Apple and Blackberry Pie</b> <i>with Custard*</i>  <b>Fresh Fruit Salad</b>	<b>Orange Shortbread</b> <i>with Yoghurt Dipper</i>  <b>Fresh Fruit Salad</b>

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Organic Milk & Water  
 \*Deli Bar/Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)  
 If you have any special dietary needs or require allergen information, please speak to the Catering Manager.  
 This menu is subject to individual School changes please ask your School for more details.  
 \*Fruit Based \*\*Wholegrain \*\*\*Oily Fish



# FFL Lewisham Spring/Summer 2018 Menu

## Week 2

23/04 14/05 11/06 02/07 10/09 01/10



	Monday Mediterranean	Tuesday Family Favourites	Wednesday Traditional	Thursday Global Adventure	Friday Fun Day
Hot Main Dish	<b>Mac 'N' Cheese</b> <i>Macaroni Cheese</i>	<b>Chinese Chicken &amp; Vegetable Noodles</b>	<b>Roast Turkey</b> <i>with Roast Potatoes and Gravy</i>	<b>Mexican Beef &amp; Vegetable Chilli</b> <i>with Rice**</i>	<b>Golden Fish Fingers &amp; Chips</b>
Alternative Dish	<b>Vegetarian Moussaka</b> <i>with Garlic &amp; Herb Bread Wedge **</i>	<b>Vegetarian Sausages</b> <i>with Creamy Mash and Gravy</i>	<b>Cauliflower and Broccoli Cheese Bake</b> <i>with Roast Potatoes and Gravy</i>	<b>Creamy Tomato and Basil Pasta **</b>	<b>Quorn Burger in a Bun</b> <i>with Tomato Relish &amp; Chips</i>
Deli Bar	<b>School's Choice*</b>	<b>School's Choice*</b>	<b>School's Choice*</b>	<b>School's Choice*</b>	<b>School's Choice*</b>
Vegetables & Salad	<b>Broccoli Sweetcorn Mixed Bean Salad</b>	<b>Carrots Seasonal Cabbage Apple &amp; Celery</b>	<b>Peas Mixed Vegetables Pasta Salad</b>	<b>Carrots Green Beans Tomato &amp; Cucumber</b>	<b>Baked Bean Sweetcorn Coleslaw</b>
Desserts	<b>Fresh Pineapple Slice</b> <i>with Vanilla Ice Cream</i>  <b>Fresh Fruit Bowl</b>	<b>Apple Crumble*</b> <i>with Custard</i>  <b>Fresh Fruit Slices</b>	<b>Oatie Biscuit</b> <i>with Fruit Slices *</i>  <b>Fresh Fruit Bowl</b>	<b>Peach Sponge Cake</b> <i>with Custard</i>  <b>Fresh Fruit Salad</b>	<b>Berry Chill</b> <i>with Fresh Fruit</i>  <b>Fresh Fruit Bowl</b>

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# FFL Lewisham Spring/Summer 2018 Menu

## Week 3

30/04 21/05 18/06 09/07 17/09 08/10



	Monday Mediterranean	Tuesday Family Favourites	Wednesday Traditional	Thursday Global Adventure	Friday Fun Day
Hot Main Dish	<b>Vegetable Supreme Pizza</b> <i>with Jacket Wedges</i>	<b>Creamy Chicken Curry</b> <i>with Rice **</i>	<b>Roast Chicken</b> <i>with Roast Potatoes and Gravy</i>	<b>Beef Bolognese **</b> <i>with Pasta</i>	<b>Salmon Fish Fingers or Salmon Fishcake***</b> <i>with Chips &amp; Tomato Relish</i>
Alternative Dish	<b>Vegetarian Bolognese **</b> <i>with Pasta</i>	<b>Country Vegetable Pie</b> <i>with Gravy</i>	<b>Quorn Sausages</b> <i>with Roast Potatoes &amp; Gravy</i>	<b>Mild Potato and Chickpea Curry</b> <i>with Rice **</i>	<b>Crispy Vegetable Bites</b> <i>with Chips</i>
Deli Bar	School's Choice*	School's Choice*	School's Choice*	School's Choice*	School's Choice*
Vegetables & Salad	<b>Sweetcorn Peas Apple Slaw</b>	<b>Broccoli Carrots Tomato Cucumber</b>	<b>Seasonal Cabbage Sweetcorn Carrot &amp; Sultana</b>	<b>Mixed Vegetables Green Beans Pasta Salad</b>	<b>Baked Beans Peas Coleslaw</b>
Desserts	<b>Mango Frozen Yoghurt</b> <i>with Fruit Slices</i>	<b>Peach Crumble</b> <i>with Custard *</i>	<b>Crunchy Biscuit</b> <i>with Melon Slices *</i>	<b>Carrot Cake</b> <i>with Custard</i>	<b>Apricot Flapjack</b> <i>with Yoghurt</i>
	<b>Fresh Fruit Bowl</b>	<b>Fresh Fruit Salad</b>	<b>Fresh Fruit Bowl</b>	<b>Fresh Fruit Salad</b>	<b>Fresh Fruit Bowl</b>

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