

CORNWALL

FFL GOLD AUTUMN MENU 2016

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child

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Week		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Free Range Chicken & Broccoli Wholemeal Pasta Bake	Organic Lamb Shepherd's Pie with Gravy	Roast Pork with Roast Potatoes and Gravy	Free RangeChicken Tikka with Rice	MSC Fish Fingers with Chips
05-Sep 26-Sep	Vegetarian	Quorn Sausages & Mash with Gravy	Vegetable Goulash with Rice	Vegetable Moussaka with Roast Potatoes	Macaroni Cheese with Garlic Slice	Vegetable Enchiladas with Chips
17-Oct 14-Nov		Cauliflower Courgettes	Swede Green Beans	Savoy Cabbage Carrots	Sweet corn Green Beans	Baked Beans Garden Peas
05-Dec	Dessert	Plum & Vanilla Crumble with Custard Yoghurt Fresh Fruit Platter	Chocolate & Mandarin Muffin Yoghurt Fresh Fruit Salad	Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter	Apple Pie & Custard Yoghurt Fresh Fruit Salad	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Chunks
Week 2	Main	Organic Beef Spaghetti Bolognese	Beef Burger in a Bun with New Potatoes	Roast Turkey with Roast Potatoes and Gravy	Spicy Meat Pizza with Jacket Wedges	MSC Salmon Fishcake with Chips
12-Sep	Vegetarian	Vegetable Lasagne with Salad	Bean & Vegetable Hotpot	Mixed Vegetable Loaf with Roast Potatoes	Lentil & Spinach Curry with Rice	Cheese & Tomato Quiche with Chips
03-Oct 24-Oct		Broccoli Carrots	Green Beans Sweet corn	Carrots Courgettes	Roasted Mixed Vegetables	Baked Beans Garden Peas
21-Nov 12-Dec	Dessert	Bread & Butter Pudding with Custard Yoghurt Fresh Fruit Platter	Wholemeal Banana Loaf Yoghurt Fresh Fruit Chunks	Apple & Cherry Cobbler with Custard Yoghurt Fresh Fruit Salad	Pineapple Upside Down Cake Yoghurt Fresh Fruit Platter	Chocolate & Beetroot Brownie Yoghurt Fresh Fruit Chunks
Week 3	Main	Sausages with Mash & Gravy	Lamb Meatballs in Tomato Sauce with Pasta	Free Range Roast Chicken with Roast Potatoes and Gravy	Organic Beef Chilli Con Carne with Rice	MSC Breaded fish with Chips
19-Sep 10-Oct	Vegetarian	Veggie Toad in the Hole with Mash & Gravy	Creamy Vegetable Pie with New Potatoes	Vegetable Wellington with Roast Potatoes	Red Pepper Frittata with New Potatoes	Cheese & Tomato Pizza with Chips
07-Nov		Sweet corn Mixed Peppers	Green Beans Glazed carrots	Savoy Cabbage Sweetcorn	Broccoli Cauliflower	Garden Peas Baked Beans
28-Nov 19-Dec	Dessert	Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Fruity Flapjack Yoghurt Fresh Fruit Salad	Chocolate Shortbread Yoghurt Fresh Fruit Chunks	Syrup Sponge with Custard Yoghurt Fresh Fruit Salad	Fruit Jelly & Ice-cream Yoghurt Fresh Fruit Platter