

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

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

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

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)
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