

FFL THREE WEEK MENU

SPRING/SUMMER 2022

DUDLEY

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 18/4, 9/5, 30/5, 20/6, 11/7, 5/9, 26/9

DUDLEY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPRING/SUMMER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Burrito A soft wrap filled with lightly spiced veggies and rice	Hot Chicken Sandwich with Potato Wedges	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Beef Bolognese A classic Italian beef Bolognese in a yummy tomato sauce	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Macaroni Cheese Cheesy macaroni pasta	The Incredible Burger with Potato Wedges	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy A chunky sweet potato and chickpea roast	Quorn Hot Dog with Potato Wedges	Quorn Dippers and Chips Crispy Quorn nuggets
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad
Jacket Potato	Jacket Potato with a choice of fillings	Jacket Potato with salmon mayonnaise and 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 A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Green Beans and Sweetcorn	Peas and Broccoli	Carrots and Cabbage	Broccoli and Sweetcorn	Baked Beans and Peas
Desserts	Raspberry Ripple Ice Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices	Banana and Apricot Flapjack with Fruit Slices	Lemon Slice

PACKED LUNCH—AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

WEEK 2 MENU

W/C: 25/4, 16/5, 6/6, 27/6, 18/7, 12/9

DUDLEY

Chartwells
So much more than Fantastic Food



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Veggie Bolognese
Penne pasta in a yummy tomato sauce

Pork Sausage
with Mashed Potato

Roast Turkey with Roast Potatoes and Gravy
Succulent roast turkey with fluffy roasties and tasty gravy

Cottage Pie
A classic cottage pie with veg and gravy

Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips

Alternative Dish

Cheese and Tomato Pizza
Cheesy tomato topped pizza slice

Allegra's BBQ Beans
Tasty BBQ beans served with cornbread

Creamy Vegetable Pie
with Roast Potatoes and Gravy
Creamy vegetable pie with a cheesy shortcrust topper

Veggie Balls In Tomato Sauce
with Pasta

The Incredible Burger with Chips

Salads

A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad

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Pasta

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Vegetables

Carrot Sticks and Cucumber Sticks

Peas and Broccoli

Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans and Peas

Desserts

Flapjack with Fruit Slices

Peach Shortbread Pudding and Custard

Crunchy Chocolate Biscuit

Fruity Chocolate Brownie

Vanilla Ice Cream

SPRING/SUMMER 2022

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AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

Internal

Vegetarian **Oily fish** **Wholegrain** **Fruity!** **Nutritionist's Choice**

WEEK 3 MENU

W/C: 2/5, 23/5, 13/6, 4/7, 25/7, 19/9

DUDLEY



Chartwells
So much more than Fantastic Food

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPRING/SUMMER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Macaroni Cheese Cheesy Macaroni Pasta	Chinese Chicken Noodles	Roast Gammon with Roast Potatoes and Gravy Succulent roast pork with fluffy roasties and tasty gravy	Beef Burrito A soft wrap filled with fresh beef and rice	Southern Fried Chicken Tasters Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	Veggie Sausage and Mash with Gravy Fluffy mash with veggie sausages and rich gravy	Veggie Balls In Tomato Sauce with Pasta 	Quorn Roast with Roast Potatoes and Gravy 	Veggie Lasagne served with a bread wedge Delicious sheets of pasta layered with veggies and tomato sauce	Quorn Dippers and scrummy chips
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Vegetables	Peas and Carrots	Sweetcorn and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Oatie Biscuit with Fruit Slices	Apple and Carrot Yoghurt Muffin	Strawberry Ice Cream	Chocolate Sponge Cake	Banana and Apricot Flapjack

PACKED LUNCH—AVAILABLE DAILY

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AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

Internal

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

