

WEEK 5 wc 23 Mch 2015	MON	TUES	WED	THURS	FRI
MAIN COURSE	Fish Fingers, Oven Chips & Baked Beans	Beef Wrap, Half Jacket Potato & Salad	Chicken & Veg Pie with Salad Potatoes	MEAT FREE DAY Jacket Potato with a selection of fillings	Organic Beef Meatballs & Tomato Pasta with Crusty Bread
VEG OPTION	Vegetarian Burger, Oven Chips & Baked Beans	Mixed Bean Wrap, Half Jacket Potato & Salad	Vegetarian Flan & Salad Potatoes		Quorn Meatballs & Tomato Pasta with Crusty Bread
JACKET POTATO	Jacket Potato with a selection of fillings				Jacket Potato with a selection of fillings
	Fruit Crumble & Custard	Fruit Sponge & Custard	Fruit Flapjack	Date Slice & Custard	Frozen Fruit Yogurt

ANSWER = 12 BUTTERFLIES

First
Meals
FOR SCHOOLS



GOLD

23rd February to 27th March - TERM 4

SPRING 2015 MENU

JUST FOR FUN
How many Butterflies
can you find?
Answers on the back page

Welcome to our new style menus.

These have been designed to make choosing meals even easier.

We take the quality and source of our ingredients very seriously and that is why we are so proud of being awarded the Soil Association Food for Life Gold Catering Mark.

This is an independent guarantee that the food we serve is freshly prepared, free from harmful additives and locally and responsibly sourced.

- All menus meet government nutrition based standards
- No undesirable additives
- No hydrogenated fats
- Milk and flour ingredients from a certified organic source
- We only use local free range eggs
- We use meat that is farm assured as a welfare minimum
- We source our ingredients from local suppliers where possible
- Seasonal fruit and vegetables provided
- Fresh fruit and assorted bread provided daily

BOOKING YOUR MEALS

Enquiries regarding the supply, booking and/or cancellation of meals must be direct to the school. If you would like to comment or ask us a question about our food or menus, please contact us on 01754 610164 or email ann.russell@firstcollegelincs.co.uk

First Meals for Schools, First College, North Parade, Skegness, PE25 1BY
01754 610164 or email ann.russell@firstcollegelincs.co.uk



WEEK 1 wc 23 Feb 2015	MON	TUES	WED	THURS	FRI
MAIN COURSE	Roast Chicken, Roast & Boiled Potatoes with Seasonal Vegetables & Gravy	Spaghetti Bolognese with Crusty Bread	Breaded Salmon Fillet, Herby Potatoes, Peas & Tomato Ketchup	Pork & Sausage Casserole and Salad Potatoes	Sausage, Yorkshire Pudding, Mashed Potatoes, Broccoli & Gravy
VEG OPTION	Quorn Fillet, Roast & Boiled Potatoes with Seasonal Vegetables & Gravy	Vegetarian Bolognese with Crusty Bread	Stuffed Peppers, Herby Potatoes, Peas & Tomato Ketchup	Vegetarian Casserole and Salad Potatoes	Quorn Sausage, Yorkshire Pudding, Mashed Potatoes, Broccoli & Gravy
JACKET POTATO	Jacket Potato with a selection of fillings				
DESSERT	Fruit Jelly	Goopy Chocolate Sponge & Chocolate Custard	Fresh Fruit Salad	Marble Sponge & Custard	Iced Chocolate Sponge



WEEK 3 wc 9 Mch 2015	MON	TUES	WED	THURS	FRI
MAIN COURSE	Savoury Minced Beef & Salad Potatoes	Organic Beefburger with a Roll, Potato Wedges & Baked Beans	Chicken Wrap, Salad & Herby Potatoes	Roast Local Pork with Thyme & Onion Gravy, Roast & Boiled Potatoes, Peas & Carrots	Hot Dog & Roll, Hash Browns & Spaghetti Hoops
VEG OPTION	Savoury Minced Quorn & Salad Potatoes	Vegetarian Burger with a Roll, Potato Wedges & Baked Beans	Mixed Bean Wrap, Salad & Herby Potatoes	Vegetarian Hotpot Roast & Boiled Potatoes, Peas & Carrots	Vegetarian Hotdog & Roll, Hash Browns & Spaghetti Hoops
JACKET POTATO	Jacket Potato with a selection of fillings				
DESSERT	Fruit Trifle	Fruit Sponge & Custard	Lemon Crunch & Custard	Fresh Fruit Salad	Mango Orange Smoothie



WEEK 2 wc 2 Mch 2015	MON	TUES	WED	THURS	FRI
MAIN COURSE	Fishcake, Oven Chips, Peas & Tomato Ketchup	Breaded Chicken, Salad Potatoes & Baked Beans	Lasagne, Potato Wedges and Crusty Bread	Beef & Potato Pie, Cabbage & Peas	Cheese & Tomato Pizza, Half Jacket Potato & Baked Beans
VEG OPTION	Bean Veggy Bake, Oven Chips, Peas & Tomato Ketchup	Breaded Quorn Fillet, Salad Potatoes & Baked Beans	Vegetarian Lasagne, Potato Wedges and Crusty Bread	Minced Quorn Cottage Pie, Cabbage & Peas	Cheese & Tomato Pizza, Half Jacket Potato & Baked Beans
JACKET POTATO	Jacket Potato with a selection of fillings				
DESSERT	Chocolate & Banana Mousse	Syrup Sponge & Custard	Fruit Flapjack	Pear & Chocolate Sponge & Custard	Choccie Beetroot Muffins



WEEK 4 wc 16 Mch 2015	MON	TUES	WED	THURS	FRI
MAIN COURSE	Roast Chicken, Roast & Boiled Potatoes with Seasonal Vegetables	Spaghetti Bolognese with Crusty Bread	Breaded Salmon Fillet, Herby Potatoes, Peas & Tomato Ketchup	Beef & Vegetable Pie with Boiled Potatoes	Sausages, Yorkshire Pudding, Mashed Potato, Broccoli & Gravy
VEG OPTION	Vegetarian Hotpot, Roast & Boiled Potatoes with Seasonal Vegetables & Gravy	Vegetarian Bolognese with Crusty Bread	Stuffed Peppers, Herby Potatoes, Peas & Tomato Ketchup	Vegetarian Flan & Boiled Potatoes	Quorn Sausage, Yorkshire Pudding, Mashed Potatoes, Broccoli & Gravy
JACKET POTATO	Jacket Potato with a selection of fillings				
DESSERT	Banana Mousse	Goopy Chocolate Sponge & Chocolate Custard	Fresh Fruit Salad	Marble Sponge & Custard	Carrot Cake



Please complete your order as instructed by your school

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