Specific Dietary Requirement Menu

School Name: Bromley Heath

School Menu Cycle: CORE FFL – AW26

Child's Name: xxx

Dietary Requirement: SESAME FREE

NO BAPS/BUNS, HOTDOG ROLLS, OR BAGUETTES

Week One Menu

Monday:
- **Margherita Pizza (V)**
  FFL Original Cheese and Tomato Pizza
- **Pea and Mince Keema with Rice (Vg)**
  FFL Original Vegetarian Mince Keema
  FFL Original Fluffy Rice
- **Potato Wedges (Vg)**
  FFL Original Dry Roasted Potato Wedges
- **Chocolate Cookie (V)**
  FFL Original Chocolate Cookie

Tuesday:
- **Sweet and Sour Chicken**
  FFL Original Sweet and Sour Chicken
- **Tex-Mex Vegetable Enchilada (V)**
  FFL Original Vegetarian Enchilada
- **Fluffy Rice (Vg)**
  FFL Original Fluffy Rice
- **Banana Traybake and Custard (V)**
  FFL Original Banana Traybake
  FFL Original Custard

Wednesday:
- **Roast Gammon**
  FFL Original Roast Gammon
- **Roast Quorn Fillet (Vg)**
  FFL Original Roast Quorn Fillet
- **Roast Potatoes & Gravy (Vg)**
  FFL Original Roast Potatoes
  FFL Original Gravy
- **Jelly with Mandarins (Vg)**
  FFL Original Orange Jelly with Mandarin

Thursday:
- **Welsh Pork Sausages and Beans**
  FFL Original Sausage and Baked Bean Hotpot
- **Campfire Quorn Sausages and Beans (Vg)**
  FFL Original Quorn Cowboy Hotpot
- **Mashed Potato (Vg)**
  FFL Original Mashed Potato
- **Pear and Chocolate Sponge (V)**
  FFL Original Pear and Chocolate Sponge

Friday:
- **Battered Fish Fillet with Ketchup**
  FFL Original Battered Fish Fillet
  FFL Original Tomato Ketchup
- **Crunchy Vegetable Fingers (Vg)**
  FFL Original Vegetable Fingers
  FFL **Oven Chips (Vg)**
  FFL Original Oven Chips
- **Fruity Friday (Vg)**
  FFL Original Fruity Friday

Week Two Menu

Monday:
- **Macaroni Cheese (V)**
  FFL Original Macaroni Cheese
- **Flaky Sausage Roll with Potato Wedges (Vg)**
  FFL Original Plant Based Sausage roll
  FFL Original Dry Roasted Potato Wedges
- **Lemon Sponge (V)**
  FFL Original Lemon Sponge

Tuesday:
- **Pork Sausages (NO ROLL)**
  FFL Original Langfords Pork Sausages
- **Vegan Quorn Sausage (Vg) (NO ROLL)**
  FFL Original Vegan Quorn Sausage
- **Potato Wedges (Vg)**
  FFL Original Dry Roasted Potato Wedges
- **Chocolate Shortbread (Vg)**
  FFL Original Chocolate Shortbread

Wednesday:
- **Roast Chicken**
  FFL Original Roast Chicken
- **Rich Sweet Potato & Lentil Wellington (V)**
  FFL Original Sweet Potato & Lentil Wellington
- **Roast Potatoes & Gravy (Vg)**
  FFL Original Roast Potatoes
  FFL Original Gravy
- **NO CHEESE AND CRACKERS**
  Shortbread (Vg)
  FFL Original Shortbread

Thursday:
- **Chicken and Bacon Pasta Carbonara**
  FFL Original Chicken and Bacon Pasta Carbonara
- **Hearty Pasta Bolognaise (Vg)**
  FFL Original Veggie Mince Pasta Bolognaise
- **NO WARM BAGUETTE**
- **Apple Crumble (Vg) and Custard (V)**
  FFL Original Apple Crumble
  FFL Original Custard

Friday:
- **Battered Fish Fillet with Ketchup**
  FFL Original Battered Fish Fillet
  FFL Original Tomato Ketchup
- **Margherita Pizza (V)**
  FFL Original Cheese and Tomato Pizza
- **Oven Chips (Vg)**
  FFL Original Oven Chips
- **Fruity Friday (Vg)**
  FFL Original Fruity Friday

Week Three Menu

Monday:
- **Cheese and Tomato Pinwheel (V) with Potato Wedges (Vg)**
  FFL Original Cheese and Tomato Pinwheel
  FFL Original Dry Roasted Potato Wedges
- **Chinese-style Egg Rice (V)**
  FFL Original Chinese Egg Rice
- **Shortbread (Vg)**
  FFL Original Shortbread

Tuesday:
- **Beef Burger (NO BUN)**
  FFL Original Farm Assured Beef Burger (No Bun)
- **Victory Vegetable Burger (Vg) (NO BUN)**
  FFL Original Vegetable Burger (No Bun)
- **Potato Wedges (Vg)**
  FFL Original Dry Roasted Potato Wedges
- **Chocolate Brownie (V)**
  FFL Original Chocolate Brownie

Wednesday:
- **Roast Chicken**
  FFL Original Roast Chicken
- **Roast Quorn Fillet (Vg)**
  FFL Original Roast Quorn Fillet
- **Roast Potatoes & Gravy (Vg)**
  FFL Original Roast Potatoes
  FFL Original Gravy
- **Pineapple Upside Down Cake (V)**
  FFL Original Pineapple Upside Down Cake

Thursday:
- **Chicken Tikka Masala**
  FFL Original Chicken and Chickpea Tikka Masala
- **Pasta with Quorn Sausage and Tomato Sauce (Vg)**
  FFL Original Pasta with Quorn Sausage and Tomato Sauce
- **Fluffy Rice (Vg)**
  FFL Original Fluffy Rice
- **Dutch Apple Pie and Custard (V)**
  FFL Original Apple Sponge
  FFL Original Custard

Friday:
- **White Fish or Salmon Fish Fingers with Ketchup**
  FFL Original Fish Fingers
  FFL Original Salmon Fish Fingers
  FFL Original Tomato Ketchup
- **Margherita Pizza (V)**
  FFL Original Cheese and Tomato Pizza
- **Oven Chips (Vg)**
  FFL Original Oven Chips
- **Fruity Friday (Vg)**
  FFL Original Fruity Friday

Available Daily: Seasonal Vegetables, Fresh Salad, Fruit, Orange or Strawberry Jelly & Water
Available on Alternative Days: Jacket Potato with Baked Beans or Cheese or Tuna Mayonnaise, Vegetable Pasta, Tomato Pasta or Pesto Pasta