

WEEK ONE Week commencing: 7th & 28th November, 9th & 30th January, 20th February, 13th March, 3rd and 24th April	F+ Autumn/Winter 2022-2023	MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
	Choice 1	Pasta Bologanise	Homemade Garlic Bread & Salad Selection	Pork Sausages & Onion Gravy	Creamed Potatoes Carrot Batons & Garden Peas	Roast Chicken Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Traditional Cottage Pie	Mixed Vegetable Medley	Golden Crumb Omega 3 Fish Fingers	Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Lancashire Cheese & Potato Pie (v)	Broccoli Florets & Sliced Beetroot	Loaded Veggie Stand & Stuff Taco (v)	Oven Baked Potato Wedges & Salad Selection	Homemade Vegetable Curry (v)	Mixed Rice & Naan Bread	Tomato & Sweet Pepper Pasta (v)	Homemade Garlic Bread & Salad Selection	Homemade Pizza Margherita (v)	Oven Baked Chips or Pasta Salad Veggie Sticks
	Choice 3	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection		
	Dessert	Syrup Sponge & Custard	Fruit Yoghurt Fruit Selection Organic Milk	Fresh Fruit Medley & Vanilla Cream	Fruit Yoghurt Fruit Selection Organic Milk	Selection of Fruit Yoghurt	Fruit Selection & Organic Milk	Shortbread Biscuit & Melon Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Homemade Chocolate Cookie	Fruit Selection & Organic Milk
WEEK TWO Week commencing: 14th November, 6th December, 16th January, 6th and 27th February, 20th March, 10th April and 1st May		MEAT FREE MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
	Choice 1	Vegetarian Sausage Roll (v)	Oven Baked Wedges & Beans	Beef & Pork Meatballs & Tomato Sauce	Penne Pasta & Broccoli Florets	Roast Pork Yorkshire Pudding & Gravy	Roast Potatoes Broccoli Florets & Carrot Batons	Chicken & Sweet Potato Curry	Mixed Rice & Naan Bread	Crispy Battered Fish	Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Tomato & Mascarpone Pasta (v)	Homemade Crusty Bread & Salad Selection	Golden Crumb Vegetable Fingers (v)	Paprika Potatoes & Mixed Vegetable Medley	Cheese or Tuna Panini Melt	Paprika Potatoes Green Beans & Carrot Batons	Puff Pastry Cheese Whirl (v)	Herby Potatoes & Baked Beans	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection		
	Dessert	Rice Pudding & Fruit Jam	Fruit Yoghurt Fruit Selection Organic Milk	Strawberry Ice Cream Sponge Roll	Fruit Yoghurt Fruit Selection Organic Milk	Fresh Fruit Medley & Vanilla Cream	Fruit Yoghurt Fruit Selection Organic Milk	Selection of Fruit Yoghurt	Fruit Selection & Organic Milk	Homemade Chocolate Brownie	Fruit Yoghurt Fruit Selection Organic Milk
WEEK THREE Week commencing: 21st November, 12th December, 2nd & 23rd January, 13th February, 6th & 27th March, 17th April		Monday		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
	Choice 1	Crispy Bubble Coated Salmon	Paprika Potatoes & Mixed Vegetable Medley	Homemade Meat & Potato Pie	Garden Peas Sliced Beetroot & Gravy	Roast Chicken Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Beef Burger in a Bun with Tomato Ketchup	Paprika Wedges Vegetable Sticks & Dips	Golden Crumb Omega 3 Fish Fingers	Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Beef & Pork Meatballs	Creamed Potatoes & Baked Beans	Pasta Neapolitan (v)	Homemade Crusty Bread & Salad Selection	Chicken Tikka Curry	Mixed Rice & Naan Bread	Homemade Macaroni & Cheese Bake (v)	Homemade Crusty Bread & Salad Selection	Homemade Pizza Margherita (v)	Oven Baked Chips or Pasta Salad Veggie Sticks
	Choice 3	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection		
	Dessert	Vanilla Sponge & Chocolate Sauce	Fruit Yoghurt Fruit Selection Organic Milk	Selection of Fruit Yoghurt	Fruit Selection & Organic Milk	Shortbread Biscuit & Melon Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Fresh Fruit Medley & Vanilla Cream	Fruit Yoghurt Fruit Selection Organic Milk	Gluten Free Chocolate Muffin	Fruit Yoghurt Fruit Selection Organic Milk