

F+ Autumn/Winter 2022-2023		MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
Week 1	Choice 1	Quorn Pasta Bolognese (v)	Homemade Crusty Bread & Broccoli Florets	Pork or Veggie Sausages & Onion Gravy	Creamed Potatoes & Garden Peas & Carrot Batons	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 & Sweetcorn
	Choice 2	Lancashire Cheese Potato Pie (v)	Reduced Salt & Sugar Baked Beans	Loaded Veggie Stand & Stuff Taco (v)	Oven Baked Wedges & Salad Selection	Quorn (v)	Roast Potatoes Seasonal Cabbage & Carrot Batons	Quorn Tikka Massala (v)	Mixed Rice & Naan Bread	Homemade Pizza Margherita (v)	Oven Baked Chips or Pasta Salad Veggie Sticks & Dips
	Choice 3	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Homemade Cheese & Tomato Calzone (v)	Tortilla Chips Veggie Sticks & Dips	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Selection of filled Sandwich Rolls	Oven Baked Chips Veggie Sticks & Dips
	Dessert	Syrup Sponge & Custard	Fruit Selection & Organic Milk	Gluten free Cookie	Fruit Selection & Organic Milk	Apple Crumble and Custard	Fruit Selection & Organic Milk	Mini Shortbread Biscuit & Melon Wedges	Fruit Selection & Organic Milk	Homemade Chocolate Cookie	Fruit Selection & Organic Milk
Week 2		MEAT FREE MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
Week 2	Choice 1	Vegetarian Sausage Roll (v)	Oven Baked Wedges & Garden Peas & Sweetcorn	Beef & Pork Meatballs & Tomato Sauce	Penne Pasta & Broccoli Florets	Roast Pork Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & 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	Quorn (v)	Roast Potatoes Seasonal Cabbage & Carrot Batons	Puff Pastry Cheese Whirl (v)	Herby Potatoes & Reduced Sugar Baked Beans	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Cheese Panini Melt (v)	Tortilla Chips Veggie Sticks & Dips	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Selection of filled Sandwich Rolls	Oven Baked Chips Veggie Sticks & Dips
	Dessert	Creamy Rice Pudding & Fruit Jam	Fruit Selection & Organic Milk	Strawberry Ice Cream & Sponge Roll	Fruit Selection & Organic Milk	Jelly and Fruit	Fruit Selection & Organic Milk	Jam slice	Fruit Selection & Organic Milk	Homemade Chocolate Brownie	Fruit Selection & Organic Milk
Week 3		MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
Week 3	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	British Beef Burger in a Bun	Oven Baked Wedges Veggie Sticks & Dips	Golden Crumb Omega 3 Fish Fingers	Oven Baked Chips or New Potatoes & Garden Peas & Sweetcorn
	Choice 2	Plant-Based Meatballs (v)	Creamed Potatoes & Reduced Sugar Baked Beans	Pasta Neapolitan (v)	Homemade Crusty Bread & Salad Selection	Quorn (v)	Roast Potatoes Seasonal Cabbage & Carrot Batons	Veggie Burger (v)	Homemade Crusty Bread & Broccoli Florets	Homemade Pizza Margherita (v)	Oven Baked Chips or Pasta Salad Veggie Sticks & Dips
	Choice 3	Cheese & Tomato French Bread Pizza (v)	Tortilla Chips Veggie Sticks & Dips	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Selection of filled Sandwich Rolls	Oven Baked Chips Veggie Sticks & Dips
	Dessert	Vanilla Sponge & Chocolate Sauce	Fruit Selection & Organic Milk	Jelly and Fruit	Fruit Selection & Organic Milk	Mini Shortbread Biscuit & Melon Wedges	Fruit Selection & Organic Milk	Fresh Fruit Medley & Vanilla Cream	Vanilla Ice-Cream	Gluten-Free Chocolate Muffin	Fruit Selection & Organic Milk