

<b>WEEK ONE</b>	<b>F+ Autumn/Winter 2021/2022</b>	<b>MONDAY</b>		<b>SUGARWISE TUESDAY</b>		<b>SUGARWISE WEDNESDAY</b>		<b>SUGARWISE THURSDAY</b>		<b>FRIDAY FAVOURITES</b>	
	<b>Choice 1</b>	Pork Sausages & Onion Gravy	Creamed Potatoes Carrot Batons & Garden Peas	Lancashire Cheese & Potato Pie (v)	Broccoli Florets & Sliced Beetroot	Roast Beef Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Creamy Chicken Tikka Curry	Mixed Rice & Naan Bread	Golden Crumb Omega 3 Fish Fingers	Oven Baked Chips or New Potatoes & Garden Peas
	<b>Choice 2</b>	Creamy Cheese & Pasta Bake (v)	Homemade Garlic Bread & Salad Selection	Veggie Baked Bean Chilli (v)	Mixed Rice & Tortilla Chips	Pasta Neapolitan (v)	Homemade Garlic Dough Balls & Salad Selection	Roast Vegetable Hotpot (v)	Seasonal Cabbage & Sliced Beetroot	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	<b>Choice 3</b>	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	French Bread Pizza with Cooks Choice of Topping	Paprika Potatoes Vegetable Sticks & Dips	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Tuna & Cheese Panini Melt	Herby Potatoes & Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection
	<b>Dessert</b>	Fruit Crumble with Custard or Cream	Fruit Yoghurt Fruit Selection Organic Milk	Shortbread Biscuit & Melon Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Lancashire Cheese & Crackers with Grapes	Fruit Yoghurt Fruit Selection Organic Milk	Fruit Jelly & Orange Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Cookie & Milkshake	Fruit Yoghurt Fruit Selection Organic Milk
<b>WEEK TWO</b>		<b>MEAT FREE MONDAY</b>		<b>SUGARWISE TUESDAY</b>		<b>SUGARWISE WEDNESDAY</b>		<b>SUGARWISE THURSDAY</b>		<b>FRIDAY FAVOURITES</b>	
	<b>Choice 1</b>	Homemade Soup & Cheese Panini Melt (v)	Tortilla Chips Vegetable Sticks & Dips	Traditional Cottage Pie	Seasonal Cabbage & Sliced Beetroot	Roast Chicken Sage & Onion Stuffing & Gravy	Roast Potatoes Broccoli Florets & Carrot Batons	Beef Burger in a Bun with Tomato Ketchup	Paprika Wedges Vegetable Sticks & Dips	Crispy Battered Fish	Oven Baked Chips or New Potatoes & Garden Peas
	<b>Choice 2</b>	Tomato & Mascarpone Pasta (v)	Homemade Garlic Dough Balls & Broccoli Florets	Loaded Veggie & Cheese Taco (v)	Potato Wedges & Salad Selection	Vegetable Korma Curry (v)	Mixed Rice & Naan Bread	Vegetable Lasagne (v)	Homemade Garlic Bread & Salad Selection	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	<b>Choice 3</b>	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Crispy Fish Finger Wrap	Potato Wedges Garden Peas & Sweetcorn	French Bread Pizza with Cooks Choice of Topping	Tortilla Chips & Freshly Prepared Salad Selection	Vegetarian Sausage Roll (v)	Paprika Wedges & Baked Beans	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection
	<b>Dessert</b>	Rice Pudding & Fruit Jam	Fruit Yoghurt Fruit Selection Organic Milk	Fruit Jelly & Melon Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Fresh Fruit Medley & Vanilla Cream	Fruit Yoghurt Fruit Selection Organic Milk	Lancashire Cheese & Crackers with Grapes	Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Brownie & Orange Wedges	Fruit Yoghurt Fruit Selection Organic Milk
<b>WEEK THREE</b>		<b>MONDAY</b>		<b>SUGARWISE TUESDAY</b>		<b>SUGARWISE WEDNESDAY</b>		<b>SUGARWISE THURSDAY</b>		<b>FRIDAY FAVOURITES</b>	
	<b>Choice 1</b>	Pasta Bolognaise	Homemade Garlic Bread & Salad Selection	Crispy Bubble Coated Salmon	Herby Potatoes Garden Peas & Sweetcorn	Roast Pork Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Chinese Style Chicken Curry	Mixed Savoury Vegetable Rice	Crispy Tempura Fish Goujons	Oven Baked Chips or New Potatoes & Garden Peas
	<b>Choice 2</b>	Choice of Filled Free Range Omelette	Paprika Potatoes & Broccoli Florets or Baked Beans	Puff Pastry Cheese Whirl (v)	Herby Potatoes & Baked Beans	Pasta Arrabbiata (v)	Homemade Garlic Dough Balls & Salad Selection	Loaded Cheese & Onion Potato Skins (v)	Baked Beans & Salad Selection	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	<b>Choice 3</b>	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	French Bread Pizza with Cooks Choice of Topping	Tortilla Chips Vegetable Sticks & Dips	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Pork Sausage in a Bun with Tomato Ketchup	Tortilla Chips Vegetable Sticks & Dips	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection
	<b>Dessert</b>	Marble Sponge with Custard or Cream	Fruit Yoghurt Fruit Selection Organic Milk	Homemade Jam & Cream Split	Fruit Yoghurt Fruit Selection Organic Milk	Lancashire Cheese & Crackers with Grapes	Fruit Yoghurt Fruit Selection Organic Milk	Fruit Jelly & Orange Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Cupcake & Melon Wedges	Fruit Yoghurt Fruit Selection Organic Milk