Week 1 Week commencing: 7th & 28th November, 19th December 9th & 30th January, 20th February, 13th March 3rd & 24th April, 15th May	F+ Autumn/Winter 2022-2023	MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
	Choice 1	Quorn Pasta Bolognaise (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	Homemade Vegetable Curry (v)	Mixed Rice & Naan Bread	Tomato & Sweet Pepper Pasta (v)	Homemade Crusty Bread & Salad Selection	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	Fresh Fruit Medley & Vanilla Cream	Fruit Selection & Organic Milk	Selection of Fruit Yoghurt	Fruit Selection & Organic Milk	Mini Shortbread Biscuit & Melon Wedges	Fruit Selection & Organic Milk	Homemade Chocolate Cookie	Fruit Selection & Organic Milk

Week 2 Week Commencing: 14th November. 5th & 26th December 16th January, 6th & 27th February, 20th March 10th April, 1st May		MEAT FREE MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
	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	Pasta Arrabbiata (v)	Homemade Crusty Bread & Salad Selection	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	Fresh Fruit Medley & Vanilla Cream	Fruit Selection & Organic Milk	Selection of Fruit Yoghurt	Fruit Selection & Organic Milk	Homemade Chocolate Brownie	Fruit Selection & Organic Milk

Week 3 Week commencing: 31st October, 21st November, 12th December 2nd & 23rd January, 13th February, 6th & 27th March 17th April, 8th May		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	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 Tikka Curry (v)	Mixed Rice & Naan Bread	Homemade Macaroni & Cheese Bake (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	Selection of Fruit Yoghurt	Fruit Selection & Organic Milk	Mini Shortbread Biscuit & Melon Wedges	Fruit Selection & Organic Milk	Fresh Fruit Medley & Vanilla Cream	Fruit Selection & Organic Milk	Gluten-Free Chocolate Muffin	Fruit Selection & Organic Milk