

F+ Autumn/Winter 2021/2022	MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
	Pork Sausages & Onion Gravy	Creamed Potatoes Carrot Batons & Garden Peas	Cheese Pasty (v)	Broccoli Florets & Sliced Beetroot	Roast Beef & 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
Choice 1										
Choice 2	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
Choice 3	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	French Bread Pizza with 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
Dessert	Fruit Crumble with Custard or Cream	Fruit Yoghurt Fruit Selection Organic Milk	Shortbread Biscuit & Melon Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Ginger Biscuit	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

WEEK ONE

MEAT FREE MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
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
Choice 1									
Choice 2	Tomato & Mascarpone Pasta (v)	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
Choice 3	Baked Jacket Potato with a Choice of Filling	Crispy Fish Finger Wrap	Potato Wedges Garden Peas & Sweetcorn	French Bread Pizza with 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
Dessert	Rice Pudding & Fruit Jam	Fruit Jelly & Melon Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Fresh Fruit Medley & Vanilla Cream	Fruit Yoghurt Fruit Selection Organic Milk	Ginger Biscuit	Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Brownie & Orange Wedges	Fruit Yoghurt Fruit Selection Organic Milk

WEEK TWO

MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
Pasta Bolognese	Homemade Garlic Bread & Salad Selection	Crispy Bubble Coated Salmon	Herby Potatoes Garden Peas & Sweetcorn	Roast Beef & 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
Choice 1									
Choice 2	VEGGIE PASTA BAKE	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
Choice 3	Baked Jacket Potato with a Choice of Filling	French Bread Pizza with 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
Dessert	Flap Jack	Homemade Jam & Cream Split	Fruit Yoghurt Fruit Selection Organic Milk	Ginger Biscuit	Fruit Yoghurt Fruit Selection Organic Milk	Fruit Jelly & Orange Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Cookie with melon wedges	Fruit Yoghurt Fruit Selection Organic Milk

WEEK THREE