	F+ Autumn/Winter 2020/2021	MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
WEEK ONE	Choice 1	Pork or Veggie Sausages & Onion Gravy	Mashed Potatoes Broccoli Florets & Carrot Batons	Veggie Meatball & Spaghetti Marinara (v)	Homemade Garlic Bread & Salad Selection	Roast Beef Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Chinese Style Chicken Curry	Mixed Savoury Vegetable Rice	Golden Crumb Omega 3 Fish Fingers	Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Quorn Korma Curry (v)	Mixed Rice & Naan Bread	Jacket Potato	Garden Peas & Sliced Beetroot	Omelette (v)	Potato Wedges & Baked Beans	Veggie sausage roll	Broccoli Florets & Carrot Batons	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	Crispy Fish Fillet Salad & Mayo Wrap	Paprika Potatoes Garden Peas & Sweetcorn	Jacket Potato	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
	Dessert	Apple Sponge & Custard	Fruit Yoghurt Fruit Selection Organic Milk	Strawberry Jelly & Fresh Fruit	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	Chocolate Cookie & Milkshake	Fruit Yoghurt Fruit Selection Organic Milk
		MEAT FREE MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
WEEK TWO	Choice 1	Vegetarian Brunch (v)	Hash Brown & Baked Beans	Traditional Cottage Pie	Seasonal Cabbage & Sliced Beetroot	Roast Chicken Sage & Onion Stuffing & Gravy	Baby Potatoes Broccoli Florets & Carrot Batons	British Beef Burger & Tomato Ketchup	Potato Wedges Garden Peas & Sweetcorn	Crispy Battered Fish	Oven Baked Chips or New Potatoes & Mushy Peas
	Choice 2	Jacket Potato	Paprika Potatoes & Broccoli Florets	Tomato & Mascarpone Pasta (v)	Homemade Garlic Dough Balls & Salad Selection	Quorn Tikka Masala Curry (v)	Mixed Rice & Naan Bread	Spaghetti Neapolitan (v)	Homemade Garlic Bread & Salad Selection	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Salad Selection
	Choice 3	Crispy Quorn Salad & Mayo Wrap (v)	Paprika Potatoes & Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Jacket Potato	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Jacket Potato	
	Dessert	Seasonal Fruit Crumble & Custard	Fruit Yoghurt Fruit Selection Organic Milk	Lancashire Cheese & Crackers with Grapes	Fruit Yoghurt Fruit Selection Organic Milk	Fresh Fruit Medley & Vanilla Cream	Fruit Yoghurt Fruit Selection Organic Milk	Strawberry Jelly & Fresh Fruit	Fruit Yoghurt Fruit Selection Organic Milk	Ice Cream Sponge Roll	Fruit Yoghurt Fruit Selection Organic Milk
		MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
WEEK THREE	Choice 1	Homemade Pasta Bolognaise	Homemade Garlic Dough Balls & Salad Selection	Cod & Salmon Fishcake	Herby Potatoes & Mixed Vegetable Medley	Roast Pork Sage & Onion Stuffing & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Creamy Chicken Tikka Curry	Mixed Rice & Naan Bread	Chunky Fish Finger Salad & Mayo Wrap	Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Meatballs & Gravy (v)	Mashed Potatoes Broccoli Florets & Carrot Batons	Quorn Chilli (v)	Mixed Rice & Tortilla Chips	Penne Pasta Arrabbiata (v)	Homemade Garlic Bread & Salad Selection	Puff Pastry Cheese Whirl (v)	Baby Potatoes & 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	Jacket Potato (v)	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Jacket Potato (v)		Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection
	Dessert	Marble Sponge & Custard	Fruit Yoghurt Fruit Selection Organic Milk	Homemade Jam & Cream Split	Fruit Yoghurt Fruit Selection Organic Milk	Fruity Pancake & Vanilla Cream	Fruit Yoghurt Fruit Selection Organic Milk	Lancashire Cheese & Crackers with Grapes	Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Cupcake & Orange Wedges	Fruit Yoghurt Fruit Selection Organic Milk