

<b>WEEK ONE</b>	<b>F+ Spring/Summer 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 or Vegetarian Sausages & Onion Gravy	Creamed Potatoes Broccoli Florets & Carrot Batons	Crispy Fish Finger Salad & Mayo Wrap	Potato Wedges & Mixed Vegetable Medley	Roast Beef and Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Homemade Chicken Curry	Sweetcorn and mixed rice	Crispy Tempura Fish Goujons	Oven Baked Chips or New Potatoes & Garden Peas
	<b>Choice 2</b>	GF Pasta and sauce	With tossed salad and GF bread	Jacket potato	With side salad and a choice of fillings	GF Pasta Aribiata	GF Garlic Bread and Salad selection	Jacket potato	With Salad and a choice of fillings	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	<b>Choice 3</b>	Jacket potato	With side salad and a choice of fillings	French Bread Pizza with Cooks Choice of Topping	Potato Wedges & Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	Pasta in tomato sauce	with salad sticks	Jacket potato	With a choice of filling and side salad
	<b>Dessert</b>	GF cookie with Orange wedges	Fruit Yoghurt Fruit Selection Organic Milk	Fruit Jelly & Orange Wedges	Fruit Yoghurt Fruit Selection Organic Milk	GF Chocolate cake and apple wedges	Fruit Yoghurt Fruit Selection Organic Milk	Shortbread with Orange slices	Fruit Yoghurt Fruit Selection Organic Milk	Iced Fruit Smoothie	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>	GF Sausages	Hash Brown & Baked Beans	Beef Chilli	Mixed Rice and tortilla chips	Roast chicken and Gravy	Creamed Potatoes Seasonal Cabbage & Carrot Batons	Beef Burger in a Bun with Tomato Ketchup	Potato Wedges Veggie Sticks & Dips	Crispy Battered Fish	Oven Baked Chips or New Potatoes & Mushy Peas
	<b>Choice 2</b>	Tomato & Mascarpone Pasta (v)	Homemade Garlic Dough Balls & Broccoli Florets	Jacket potato	With Salad and a choice of fillings	Chicken Korma	Mixed rice	Veggie Tomato & Pasta Bake (v)	Homemade Garlic Bread & Broccoli Florets	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Salad Selection
	<b>Choice 3</b>	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	Soft Sandwich Roll with Choice of Filling	Tortilla Chips Veggie Sticks & Dips	French Bread Pizza with Cooks Choice of Topping	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	Jacket potato	With a choice of fillings and side salad
	<b>Dessert</b>	Chocolate cake and Chocolate sauce	Fruit Yoghurt Fruit Selection Organic Milk	Fresh Fruit Medley & Vanilla Cream	Fruit Yoghurt Fruit Selection Organic Milk	Fruit Jelly & Melon Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Cherry shortbread and Grapes	Fruit Yoghurt Fruit Selection Organic Milk	Summer Treat Dessert	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>	Jacket potato	With Salad and choice of fillings	Pork Meatball Sub Roll with Tomato Sauce	Tortilla Chips Veggie Sticks & Dips	Roast Pork Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Chicken Tikka Curry	with Mixed rice and Sweetcorn	Golden Crumb Omega 3 Fish Fingers	Oven Baked Chips or New Potatoes & Garden Peas
	<b>Choice 2</b>	Pasta Neapolitan (v)	Salad selection	Quorn Tikka Masala Curry (v)	Mixed Rice & Naan Bread	Tomato and basil pasta	Homemade Garlic Bread & Salad Selection	GF Sausage	Herby Potatoes & Baked Beans	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	<b>Choice 3</b>	Crispy Bubble Coated Salmon	Paprika Wedges & Mixed Vegetable Medley	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Jacket potato	With Salad selection and a choice of fillings	French Bread Pizza with Cooks Choice of Topping	Tortilla Chips & Freshly Prepared Salad Selection	Jacket potato	With a choice of Fillings and side salad
	<b>Dessert</b>	Vanilla cup cake and orange wedges	Fruit Yoghurt Fruit Selection Organic Milk	Iced Fruit smoothie	Fruit Yoghurt Fruit Selection Organic Milk	GF chocolate cookies and Apple slices	Fruit Yoghurt Fruit Selection Organic Milk	Fruit Jelly & Orange Wedges	Fruit Yoghurt Fruit Selection Organic Milk	GF muffin with pear slices	Fruit Yoghurt Fruit Selection Organic Milk