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| <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            | Tuna, Cheese or Ham Wrap                        | 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 Ravioli (v)              | Potato Wedges & Salad Selection            | Quorn Curry (v)                                 | Mixed Rice & Naan Bread                           | Tuna, Cheese or Ham Wrap                  | Tortilla Chips                                    | 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   | Chicken Curry                             | Mixed Savoury Vegetable Rice                      | Crispy Fish                                  | 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     |