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| <b>WEEK ONE</b><br>Week Commencing:<br>30th October, 20th November, 11th December<br>1st & 22nd January, 12th February, 4th & 25th March<br>15th April, 6th May | <b>F+ AW2023-24</b>            | <b>MONDAY</b>  | <b>SUGARWISE TUESDAY</b>  | <b>WEDNESDAY</b>   | <b>SUGARWISE THURSDAY</b>   | <b>FRIDAY FAVOURITES</b>  |
|   | <b>Traditional Main Course</b> | Booths Pork & Vegetable Sausages or Vegetarian Sausages & Gravy with Creamed Potatoes & Mixed Vegetable Medley | Homemade Chicken or Quorn Tikka Curry with Mixed Rice & Naan Bread          | Roast Chicken or Roast Quorn Fillet with Roast Potatoes, Seasonal Vegetables & Gravy | Lancashire Cheese & Potato Pie with Broccoli Florets or Baked Beans (v)                       | Golden Crumb Fish Fingers or Vegetable Fingers with Oven Baked Chips Garden Peas & Tomato Ketchup |
|   | <b>Pizza &amp; Pasta</b>       | Tomato & Mascarpone Pasta with Homemade Crusty Bread & Salad Selection (v)                                     | Tondo Pizza Panini with Potato Wedges & Sweetcorn (v)                       | Mac 'n' Cheese Bake with Homemade Crusty Bread & Garden Peas (v)                     | Pasta Neapolitan Italian Tomato & Herb Sauce with Homemade Crusty Bread & Salad Selection (v) | Homemade Pizza Margherita with Oven Baked Chips & Sweetcorn (v)                                   |
|   | <b>Jacket Potato</b>           | Oven Baked Jacket Potato with Baked Beans & Freshly Prepared Salad Selection (v)                               | Oven Baked Jacket Potato with Cheese & Freshly Prepared Salad Selection (v) | Oven Baked Jacket Potato with Baked Beans & Freshly Prepared Salad Selection (v)     | Oven Baked Jacket Potato with Tuna Mayo & Freshly Prepared Salad Selection                    | Oven Baked Jacket Potato with Cheese & Freshly Prepared Salad Selection (v)                       |
|   | <b>Dessert</b>                 | Fruit Crumble & Custard or Fruit Yoghurt with Fruit Selection & Organic Milk                                   | Mini Lemon Cookie or Fruit Yoghurt with Fruit Wedges & Organic Milk         | Raspberry Bun or Fruit Yoghurt with Fruit Selection & Organic Milk                   | Mini Shortbread Biscuit or Fruit Yoghurt with Fruit Wedges & Organic Milk                     | Chocolate Brownie or Fruit Yoghurt with Fruit Selection & Organic Milk                            |

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| <b>WEEK TWO</b><br>Week Commencing:<br>16th October, 6th & 27th November, 18th December<br>8th & 29th January, 19th February, 11th March<br>1st & 22nd April, 13th May |                                | <b>MEAT FREE MONDAY</b>  | <b>SUGARWISE TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>SUGARWISE THURSDAY</b>   | <b>FRIDAY FAVOURITES</b>  |
|  | <b>Traditional Main Course</b> | Vegetarian Sausage Roll & Tomato Ketchup with Potato Wedges Garden Peas & Sweetcorn or Baked Beans (v) | British Beef or Veggie Burger in a Bun with Tomato Ketchup Paprika Wedges & Mixed Vegetable Medley | Roast Pork or Roast Quorn Fillet with Roast Potatoes, Seasonal Vegetables & Gravy                          | Minced Beef or Quorn Hot pot with Crispy Sliced Potato Crust & Mixed Vegetable Medley | Harry Ramsdens Crispy Battered Fish or Vegetable Fingers with Oven Baked Chips Garden Peas & Tomato Ketchup |
|  | <b>Pizza &amp; Pasta</b>       | Mac 'n' Cheese Bake with Homemade Crusty Bread & Garden Peas (v)                                       | Homemade Calzone Pizza with Rainbow Vegetable Pasta Salad (v)                                      | Pasta Arrabiatta Mild Chilli, Tomato & Sweet Pepper Sauce with Homemade Crusty Bread & Salad Selection (v) | Tomato Pasta Bake with Homemade Crusty Bread & Salad Selection (v)                    | Homemade Pizza Margherita with Oven Baked Chips & Sweetcorn (v)   |
|  | <b>Jacket Potato</b>           | Oven Baked Jacket Potato with Baked Beans & Freshly Prepared Salad Selection (v)                       | Oven Baked Jacket Potato with Cheese & Freshly Prepared Salad Selection (v)                        | Oven Baked Jacket Potato with Tuna Mayo & Freshly Prepared Salad Selection                                 | Oven Baked Jacket Potato with Cheese & Freshly Prepared Salad Selection (v)           | Oven Baked Jacket Potato with Baked Beans & Freshly Prepared Salad Selection (v)                            |
|  | <b>Dessert</b>                 | Marble Sponge & Chocolate Sauce or Fruit Yoghurt with Fruit Selection & Organic Milk                   | Mini Shortbread Biscuit or Fruit Yoghurt with Fruit Wedges & Organic Milk                          | Oaty Flapjack or Fruit Yoghurt with Fruit Selection & Organic Milk   | Mini Chocolate Shortbread or Fruit Yoghurt with Fruit Wedges & Organic Milk           | Fruit Jelly & Vanilla Cream or Fruit Yoghurt with Fruit Selection & Organic Milk                            |

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| <b>WEEK THREE</b><br>Week Commencing:<br>23rd October, 13th November, 4th & 25th December<br>15th January, 5th & 26th February, 18th March<br>8th & 29th April, 20th May |                                | <b>MONDAY</b>   | <b>SUGARWISE TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>SUGARWISE THURSDAY</b>  | <b>FRIDAY FAVOURITES</b>  |
|  | <b>Traditional Main Course</b> | Booths Pork & Vegetable Sausages or Vegetarian Sausages & Tomato Ketchup with Paprika Potatoes, Garden Peas & Sweetcorn | Golden Crumb Salmon Fillet Fingers or Vegetable Fingers with Herby Potatoes & Mixed Vegetable Medley | Roast Chicken or Roast Quorn Fillet with Roast Potatoes, Seasonal Vegetables & Gravy          | Mild Chilli Beef or Veggie Baked Bean Chilli with Mixed Rice & Broccoli Florets  | Golden Crumb Fish Fingers or Vegetable Fingers with Oven Baked Chips Garden Peas & Tomato Ketchup |
|  | <b>Pizza &amp; Pasta</b>       | Tomato & Mascarpone Pasta with Homemade Crusty Bread & Salad Selection (v)  | Cheese & Tomato Whirl with Potato Wedges & Baked Beans (v)   | Pasta Neapolitan Italian Tomato & Herb Sauce with Homemade Crusty Bread & Salad Selection (v) | Mac 'n' Cheese Bake with Homemade Crusty Bread & Garden Peas (v)                 | Homemade Pizza Margherita with Oven Baked Chips & Sweetcorn (v)                                   |
|  | <b>Jacket Potato</b>           | Oven Baked Jacket Potato with Baked Beans & Freshly Prepared Salad Selection (v)  | Oven Baked Jacket Potato with Tuna Mayo & Freshly Prepared Salad Selection                           | Oven Baked Jacket Potato with Cheese & Freshly Prepared Salad Selection (v)                   | Oven Baked Jacket Potato with Baked Beans & Freshly Prepared Salad Selection (v) | Oven Baked Jacket Potato with Tuna Mayo & Freshly Prepared Salad Selection                        |
|  | <b>Dessert</b>                 | Chocolate Crunch & Custard or Fruit Yoghurt with Fruit Selection & Organic Milk   | Mini Lemon Cookie or Fruit Yoghurt with Fruit Wedges & Organic Milk                                  | Paris Slice or Fruit Yoghurt with Fruit Selection & Organic Milk                              | Mini Shortbread Biscuit or Fruit Yoghurt with Fruit Wedges & Organic Milk        | Iced Fairy Cake or Fruit Yoghurt with Fruit Selection & Organic Milk                              |