

WEEK ONE	F+ Spring/Summer 2022	MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
	Choice 1	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 Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Homemade Chicken Curry	Mixed Rice & Naan Bread	Crispy Tempura Fish Goujons	Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Four Cheese Ravioli & Tomato Sauce (v)	Homemade Garlic Dough Balls & Salad Selection	Sweet Chilli Quorn & Veggie Noodles (v)	Mini Vegetable Spring Rolls	Pasta Arrabiata (v)	Homemade Garlic Bread & Salad Selection	Free Range Omelette with Choice of Filling	Herby Diced Potatoes & Mixed Vegetable Medley	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Soft Sandwich Roll with Choice of Filling	Tortilla Chips Veggie Sticks & Dips	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	Veggie Meatball Marinara Sub Roll (v)	Tortilla Chips & Freshly Prepared Salad Selection	Summer Picnic Mini Sandwich Rolls & Veggie Sausage Roll	Tortilla Chips Veggie Sticks & Dips
	Dessert	Seasonal Fruit Crumble & Ice Cream	Fruit Yoghurt Fruit Selection Organic Milk	Fruit Jelly & Orange Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Lancashire Cheese & Crackers with Grapes	Fruit Yoghurt Fruit Selection Organic Milk	Shortbread Biscuit & Melon Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Cookie & Milkshake	Fruit Yoghurt Fruit Selection Organic Milk
WEEK TWO		MEAT FREE MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
	Choice 1	Vegetarian Brunch (v)	Hash Brown & Baked Beans	Loaded Chilli Beef & Veggie Tortilla Boat	Paprika Potatoes & Crunchy Mixed Salad	Roast Chicken Sage & Onion Stuffing & 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
	Choice 2	Tomato & Mascarpone Pasta (v)	Homemade Garlic Dough Balls & Broccoli Florets	Lancashire Cheese Whirl (v)	Garden Peas & Sliced Beetroot	Vegetable Korma Curry (v)	Mixed Rice & Naan Bread	Veggie Tomato & Pasta Bake (v)	Homemade Garlic Bread & Broccoli Florets	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Salad Selection
	Choice 3	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	Freshly Baked Vegetarian Sausage Roll (v)	Oven Baked Chips or New Potatoes & Baked Beans
	Dessert	Chocolate Brownie & 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	Lancashire Cheese & Crackers with Grapes	Fruit Yoghurt Fruit Selection Organic Milk	Summer Treat Dessert	Fruit Yoghurt Fruit Selection Organic Milk
WEEK THREE		MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
	Choice 1	BBQ Chicken & Salad Flatbread	Paprika Wedges & Mixed Vegetable Medley	Pork Meatball Sub Roll with Tomato Sauce	Tortilla Chips Veggie Sticks & Dips	Roast Pork Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Chinese Style Chicken Curry	Veggie Noodles & Mini Spring Roll	Golden Crumb Omega 3 Fish Fingers	Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Pasta Neapolitan (v)	Homemade Garlic Dough Balls & Salad Selection	Quorn Tikka Masala Curry (v)	Mixed Rice & Naan Bread	Creamy Cheese & Pasta Bake (v)	Homemade Garlic Bread & Salad Selection	Vegetarian Sausage in a Bun & Tomato Ketchup (v)	Herby Potatoes & Baked Beans	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Crispy Bubble Coated Salmon	Paprika Wedges & Mixed Vegetable Medley	Baked Jacket Potato with a 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	Summer Picnic Mini Sandwich Rolls & Veggie Sausage Roll	Tortilla Chips Veggie Sticks & Dips
	Dessert	Oaty Biscuit & Apple Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Homemade Jam & Cream Split	Fruit Yoghurt Fruit Selection Organic Milk	Raspberry Ripple Ice Cream Sponge Roll	Fruit Yoghurt Fruit Selection Organic Milk	Fruit Jelly & Orange Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Gluten Free Chocolate Muffin & Melon Wedges	Fruit Yoghurt Fruit Selection Organic Milk