

WEEK ONE	F+ Autumn / Winter 2019 / 2020	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY FAVOURITES	
	Choice 1	BBQ Chicken Flat Bread	Baked Potato Wedges & Sweetcorn	Pork or Vegetarian Sausages & Onion Gravy	Creamed Potatoes Green Beans & Carrots	Roast Beef Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrots	Homemade Chicken Curry	Mixed Rice & Naan Bread	Golden Crumb Omega 3 Fish Fingers	Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Pasta in Tomato & Mascarpone Sauce (v)	Homemade Garlic Bread & Broccoli Florets	Crispy Bubble Coated Salmon Fillet	Crispy Paprika Potatoes Green Beans & Carrots	Homemade Pasta Neapolitan (v)	Homemade Garlic Dough Balls	Puff Pastry Cheese Whirl (v)	Baby Baked Potatoes & Baked Beans	Homemade Margherita Pizza (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Cheddar Cheese Panini Melt (v)	Tortilla Chips & Salad Sticks	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 & Banana Flapjack	Fruit Yoghurt Fruit Selection Organic Milk	Marble Sponge Pudding & Chocolate Sauce	Fruit Yoghurt Fruit Selection Organic Milk	Fruity Jelly & Ice Cream	Fruit Yoghurt Fruit Selection Organic Milk	Strawberry Jam Slice & Custard	Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Cookie & Milkshake	Fruit Yoghurt Fruit Selection Organic Milk
WEEK TWO		MEAT FREE MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY FAVOURITES	
	Choice 1	Vegetarian Brunch (v)	Hash Brown & Baked Beans	Homemade Meat & Potato Pie	Seasonal Cabbage & Sliced Beetroot	Roast Chicken Stuffing & Gravy	Baby Baked Potatoes Broccoli Florets & Carrots	Beef Burger in a Bun with Tomato Ketchup	Herby Diced Potatoes & Baked Beans	Crispy Battered Fillet of Fish	Oven Baked Chips or New Potatoes & Mushy Peas
	Choice 2	Tomato & Mascarpone Pasta (v)	Homemade Garlic Dough Balls	Homemade Quorn Curry (v)	Mixed Rice & Naan Bread	Vegetarian Sausage Roll (v)	Baby Baked Potatoes & Baked Beans	Pasta in Tomato Sauce (v)	Homemade Crusty Bread & Garden Peas	Homemade Margherita Pizza (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Cheddar Cheese & Tuna Panini Melt	Tortilla Chips & Salad Sticks	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	Shortbread Biscuit & Melon Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Apple Crunch Tart & Custard	Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Mousse & Mandarins	Fruit Yoghurt Fruit Selection Organic Milk	Vanilla Sponge Pudding & Custard	Fruit Yoghurt Fruit Selection Organic Milk	Strawberry Ice Cream Sponge Roll	Fruit Yoghurt Fruit Selection Organic Milk
WEEK THREE		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY FAVOURITES	
	Choice 1	Pork Meatballs Tomato Sauce & Pasta	Homemade Garlic Bread & Broccoli Florets	Jumbo Fish Finger Wrap	Crispy Paprika Potatoes & Garden Peas	Roast Pork Stuffing & Gravy	Roast Potatoes Seasonal Cabbage & Carrots	Homemade Cottage Pie	Broccoli Florets & Carrots	Lightly Crumbed Fish Bites	Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Homemade Butter Pie (v)	Sliced Beetroot & Broccoli Florets	Pasta in Tomato Sauce (v)	Crispy Paprika Potatoes & Mixed Salad	Quorn Tikka Masala Curry (v)	Mixed Rice & Naan Bread	Homemade Pasta Arrabiata (v)	Homemade Garlic Dough Balls	Homemade Margherita Pizza (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Cheddar Cheese Panini Melt (v)	Tortilla Chips & Salad Sticks	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	Creamy Rice Pudding & Mixed Berries	Fruit Yoghurt Fruit Selection Organic Milk	Syrup Sponge & Custard	Fruit Yoghurt Fruit Selection Organic Milk	Oat & Raisin Cookie	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