

WEEK ONE	F+ Spring/Summer 2021	MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
	Choice 1	Pork Sausages & Onion Gravy	Creamed Potatoes Broccoli Florets & Carrot Batons	Crispy Fish Fillet Burger & Tomato Ketchup	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	Tomato & Pasta Bake (v)	Homemade Garlic Bread & Salad Selection	Free Range Lancashire Cheese Omelette (v)	Paprika Potatoes & Baked Beans	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Freshly Baked Baguette filled with Tuna & Mayonnaise	Tortilla Chips & Freshly Prepared Salad Selection	Cheese & Tomato French Bread Pizza (v)	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	Ham Roll	Chips & Salad Sticks
	Dessert	Seasonal Fruit with Crumble Topping & Ice Cream	Fruit Yoghurt Fruit Selection Organic Milk	Strawberry Jelly & Fresh Fruit	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		MONDAY		SUGARWISE TUE SDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
	Choice 1	Brunch (v)	Hash Brown & Baked Beans	Spaghetti Bolognaise	Homemade Garlic Bread & Salad Selection	Roast Chicken Sage & Onion Stuffing & Gravy	Creamed Potatoes Green Beans & Carrot Batons	British Beef Burger & Tomato Ketchup	Potato Wedges Garden Peas & Sweetcorn	Crispy Battered Fish	Oven Baked Chips or New Potatoes & Mushy Peas
	Choice 2	Tomato & Mascarpone Pasta (v)	Homemade Garlic Dough Balls & Broccoli Florets	Puff Pastry Cheese Whirl (v)	Herby Potatoes Broccoli Florets & Baked Beans	Crispy Bubble Coated Salmon	Paprika Potatoes Green Beans & Carrot Batons	Quorn & Sweet Potato Curry (v)	Mixed Rice & Naan Bread	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	Freshly Baked Baguette filled with Tuna & Mayonnaise	Herby Potatoes & Freshly Prepared Salad Selection	Cheese & Tomato Pizza Panini Melt (v)	Paprika Potatoes & 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	Strawberry Jelly & Fresh Fruit	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		MEAT FREE MONDAY		SUGARWISE TUESDAY		SUGARWISE WEDNESDAY		SUGARWISE THURSDAY		FRIDAY FAVOURITES	
	Choice 1	Veggie Meatballs & Onion Gravy (v)	Creamed Potatoes Broccoli Florets & Carrot Batons	BBQ Chicken Flatbread	Paprika Wedges Garden Peas & Sweetcorn	Roast Pork Sage & Onion Stuffing & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Chinese Style Chicken Curry	Mixed Vegetable Rice	Golden Crumb Omega 3 Fish Fingers	Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Spaghetti Neapolitan (v)	Homemade Garlic Dough Balls & Salad Selection	Lancashire Cheese & Potato Pie (v)	Broccoli Florets & Sliced Beetroot	Penne Pasta Arrabbiata (v)	Homemade Garlic Bread & Salad Selection	Pork Sausage in a Bun & Tomato Ketchup	Herby Potatoes & Mixed Vegetable Medley	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	French Bread Pizza (v)	Paprika Wedges & Freshly Prepared Salad Selection	Freshly Baked Baguette filled with Tuna & Mayonnaise	Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling	Freshly Prepared Salad Selection	Tuna Roll	Chips & Salad Sticks
	Dessert	Oaty Biscuit & Apple Slices	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	Strawberry Jelly & Fresh Fruit	Fruit Yoghurt Fruit Selection Organic Milk	Gluten Free Chocolate Muffin & Orange Wedges	Fruit Yoghurt Fruit Selection Organic Milk