

Autumn/Winter 2021/22

Week One

Weeks beginning

1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Week Two

Weeks beginning

8th Nov, 29th Nov 3rd Jan, 24th Jan,

Meat: Handmade burger in a bun

With: Diced potatoes and mixed veg

Veg: Vegetable burger in a bun

Week Three

Weeks beginning

15th Nov, 6th Dec 10th Jan, 31st Jan

Monday

Meat: Chicken goujons with sweet chilli dip

Veg: Meat free goujons

With: Diced potatoes and mixed veg

Dessert: Caramel cake

Meat: Chicken breast burger Veg: Chicken style burger

With: Diced potatoes and mixed veg

Dessert: Apple cake



Meat: Love food Breakfast (sausage and bacon)

Veg: Vegetarian breakfast

With: Hash brown, scrambled egg and baked beans

Dessert: Blueberry cheesecake

Meat: Homemade Ham omelette **Meat: Cumberland sausage**

Veg: Homemade cheese omelette **Veg: Plant based Cumberland sausage** With: Sauté potatoes and baked beans With: Mashed potatoes and baked beans

Dessert: Strawberry cheesecake **Dessert: Cherry cheesecake**

Wednesday



Meat: Roast Turkey

Veg: Vegetable casserole

With: Roast potatoes, Yorkshire pudding, baby carrots

and green beans

Dessert: Various biscuits

Meat: Roast Pork

Veg: Sweet potato and carrot bites With: Roast potatoes, Yorkshire pudding, baby carrots

and green beans

Dessert: Flap jack

Dessert: Various biscuits

Meat: Roast chicken

Veg: Vegetable balls in gravy

With: Roast potatoes, Yorkshire pudding, baby carrots

and green beans

Dessert: Various biscuits

Thursday



Meat: Chicken korma Veg: Vegetable korma

With: Rice, naan bread and mixed salad

Dessert: Fruit trifle

Meat: Creamy chicken ball linguine Meat: Meatball tomato tagliatelle Veg: Creamy vegetable ball linguine Veg: meat free balls tomato tagliatelle With: Garlic bread and mixed salad With: Garlic bread and mixed salad

Dessert: Chocolate mousse

Meat: Fish goujons

Veg: Fishless goujons

With: Oven chips and peas

Dessert: Strawberry iced bun

Meat: Fish fingers

Veg: Fishless fingers

With: Oven chips and peas

Dessert: Strawberry iced bun

Meat: Fish cake

Veg: Vegetable fingers With: Oven chips and peas **Dessert: Strawberry iced bun**

Dessert: Strawberry mousse

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, Mushroom, tomato, or vegetable

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo, vegan ham, vegan chicken, or vegan cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Veggie straws, Melon sticks, Pretzels, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

Salad option

Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coles aw and new potatoes

Everyday



Autumn/Winter 2021/22 (No baked beans)

Week One

Week Two

Meat: Homemade Ham omelette

Veg: Homemade cheese omelette

Dessert: Strawberry cheesecake

With: Sauté potatoes and tomatoes

Veg: Sweet potato and carrot bites

With: Garlic bread and mixed salad

Dessert: Flap jack

Meat: Roast Pork

and green beans

Dessert: Various biscuits

Dessert: Chocolate mousse

With: Oven chips and peas

Dessert: Strawberry iced bun

Veg: Fishless goujons

Week Three Weeks beginning

Weeks beginning 1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Weeks beginning 8th Nov. 29th Nov 3rd Jan. 24th Jan.

15th Nov, 6th Dec 10th Jan, 31st Jan

Mondau

Meat: Chicken goujons with sweet chilli dip

Veg: Meat free goujons

With: Diced potatoes and mixed veg

Dessert: Caramel cake

Meat: Handmade burger in a bun Meat: Chicken breast burger Veg: Vegetable burger in a bun Veg: Chicken style burger With: Diced potatoes and mixed veg

With: Diced potatoes and mixed veg

Dessert: Apple cake

Tuesday

Meat: Love food Breakfast (sausage and bacon)

Veg: Vegetarian breakfast

With: Hash brown, scrambled egg and tomatoes

Dessert: Blueberry cheesecake

Meat: Cumberland sausage

Veg: Plant based Cumberland sausage

With: Mashed potatoes and Peas

Dessert: Cherry cheesecake

Wednesday

Meat: Roast Turkey

Veg: Vegetable casserole

With: Roast potatoes, Yorkshire pudding, baby carrots

and green beans

Dessert: Various biscuits

Meat: Roast chicken

Veg: Vegetable balls in gravy

With: Roast potatoes, Yorkshire pudding, baby carrots

and green beans

Dessert: Various biscuits

Thursday



Meat: Chicken korma Veg: Vegetable korma

With: Rice, naan bread and mixed salad

Dessert: Fruit trifle

Meat: Creamy chicken ball linguine Meat: Meatball tomato tagliatelle Veg: Creamy vegetable ball linguine

Veg: meat free balls tomato tagliatelle With: Garlic bread and mixed salad

Dessert: Strawberry mousse

Meat: Fish fingers

Veg: Fishless fingers With: Oven chips and peas

Dessert: Strawberry iced bun

Meat: Fish goujons Meat: Fish cake

Veg: Vegetable fingers

With: Oven chips and peas **Dessert: Strawberry iced bun**

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, Mushroom, tomato, or vegetable

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo, vegan ham, vegan chicken, or vegan cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Veggie straws, Melon sticks, Pretzels, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

With: Roast potatoes, Yorkshire pudding, baby carrots

Jacket

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Tuna mayo, and salad.

potato Salad option

Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes

Everyday

Weeks beginning

1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Week Two

Weeks beginning

Meat: Handmade FF burger in a FF bun

Veg: sweetcorn fritter in a FF bun

With: Diced potatoes and mixed veg

8th Nov, 29th Nov 3rd Jan, 24th Jan,

Week Three

Weeks beginning

15th Nov, 6th Dec 10th Jan, 31st Jan



Meat:FF Chicken goujons with sweet chilli dip

Veg: Meat free chicken pieces
With: Diced potatoes and mixed veg

Dessert: FF cake

Dessert: FF cake

Meat: Roast Pork

carrots and green beans

Dessert: Various ff biscuits

Meat: Chicken breast burger

Veg: Chicken style burger

With: Diced potatoes and mixed veg

Dessert: FF cake



Meat: Love food Breakfast (FF sausage and bacon)

Veg: Vegetarian breakfast plant based

With: Hash brown, scrambled egg and baked beans

Dessert: Free from cake

Meat: Homemade Ham omelette Meat: Cumberland sausage

Veg: Homemade cheese omelette

Veg: Plant based Cumberland sausage

With: Sauté potatoes and baked beans

With: Mashed potatoes and baked beans

Dessert: Free from cake Dessert: Free from cake

Wednesday



Meat: Roast Turkey

Veg: Vegetable casserole

Veg: Tomato balls

With: Roast potatoes, ff Yorkshire pudding, baby

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans
Dessert: Various ff biscuits

Meat: Roast chicken

Veg: Vegetable balls in gravy

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans
Dessert: Various ff biscuits

Thursday



Meat: Chicken korma

Veg: Vegetable(sweet potato, butternut squash cubes

and mushroom) korma

With: Rice, ff bread and mixed salad

Dessert: Fruit trifle

Meat: ff Fish fingers Veg: Falafels

With: Oven chips and peas
Dessert: Free from cake

Meat: Creamy chicken ff linguine

Veg: Creamy vegetable ball ff linguine

With: ff bread and mixed salad Dessert: Chocolate mousse

Meat: ff Fish goujons

Veg: Falafels

With: Oven chips and peas
Dessert: Free from cake

Veg: meat free balls tomato ff tagliatelle

Meat: Meatball tomato ff tagliatelle

With: ff bread and mixed salad Dessert: Strawberry mousse

Meat: ff Fish fingers

Veg: Falafels

With: Oven chips and peas
Dessert: Free from cake

Soup option

Warm soup served in an insulated cup with a bread roll, choose from chicken, tomato, butterbean

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo or cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Popcorn, Veggie straws, Melon sticks, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes

Everyday

Salad option



Autumn/Winter Dairy Free 2021/22

Week One

Weeks beginning

1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Week Two

Weeks beginning

8th Nov, 29th Nov 3rd Jan, 24th Jan,

With: Diced potatoes and mixed veg

Meat: Homemade ff Ham omelette

Veg: Homemade ff cheese omelette

With: Sauté potatoes and baked beans

Week Three

Weeks beginning

15th Nov, 6th Dec 10th Jan, 31st Jan

Monday

Meat: Chicken goujons with sweet chilli dip

Veg: Meat free goujons

With: Diced potatoes and mixed veg

Dessert: ff cake

Meat: Handmade ff burger in a bun Meat: Chicken breast burger Veg: Vegetable burger in a bun Veg: Chicken style burger

With: Diced potatoes and mixed veg

Dessert: ff cake



Meat: Love food Breakfast (ff sausage and bacon)

Veg: Vegetarian breakfast

With: Hash brown, soya scrambled egg and baked

Dessert: ff cake

Dessert: ff cake

Meat: ff Cumberland sausage

Veg: Plant based Cumberland sausage

With: Soya Mashed potatoes and baked beans

Wednesday

Meat: Roast Turkey

Veg: Vegetable casserole

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans Dessert: Various ff biscuits Dessert: ff cake Dessert: ff cake Meat: Roast Pork Meat: Roast chicken

Veg: Sweet potato and carrot bites Veg: Vegetable balls in gravy

With: Roast potatoes, ff Yorkshire pudding, baby With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans carrots and green beans **Dessert: Various ff biscuits Dessert: Various ff biscuits**

Thursday

Meat: Chicken ff korma Veg: Vegetable ff korma

With: Rice, naan bread and mixed salad

Dessert: Jelly and ff cream

Meat: ff Creamy chicken ball linguine Meat: ff Meatball tomato ff tagliatelle Veg: ff Creamy vegetable ball linguine

Veg: meat free balls tomato ff tagliatelle With: ff bread and mixed salad

Dessert: Jelly and ff cream

Meat: Fish fingers

Veg: Falafels

Dessert: ff cake

With: Oven chips and peas

Veg: Falafels

Meat: Fish goujons

With: Oven chips and peas

Dessert: Jelly and ff cream

With: ff bread and mixed salad

Dessert: ff cake

With: Oven chips and peas Dessert: ff cake

Veg: Falafels

Meat: Fish cake

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from Baxters chicken soup, Baxters tomato Heinz vegetable

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo, vegan ham, vegan chicken, or vegan cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Veggie straws, Melon sticks, Pretzels, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

Salad option

Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes

Everyday

Weeks beginning

1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Week Two

Weeks beginning

8th Nov. 29th Nov 3rd Jan. 24th Jan.

Week Three

Weeks beginning

With: Roast potatoes, ff Yorkshire pudding, baby

15th Nov, 6th Dec 10th Jan, 31st Jan



Meat: FF Chicken goujons with sweet chilli dip

Veg: Meat free chicken pieces With: Diced potatoes and mixed veg

Dessert: FF cake

Meat: Handmade FF burger in a FF bun Meat: Chicken breast burger Veg: sweetcorn fritter in a FF bun Veg: Chicken style burger

With: Diced potatoes and mixed veg With: Diced potatoes and mixed veg

Dessert: FF cake Dessert: FF cake

Meat: Love food Breakfast (FF sausage and bacon)

Veg: Vegetarian breakfast plant based

With: Hash brown, scrambled egg and baked beans

Dessert: Free from cake

Meat: Homemade ff Ham omelette **Meat: Cumberland sausage**

Veg: Homemade cheese omelette **Veg: Plant based Cumberland sausage** With: Sauté potatoes and baked beans With: Mashed potatoes and baked beans

Dessert: Free from cake Dessert: Free from cake

Wednesday

Thursday

Meat: Roast Turkey Veg: Vegetable casserole

With: Roast potatoes, ff Yorkshire pudding, baby

Veg: Vegetable(sweet potato, butternut squash cubes

carrots and green beans **Dessert: Various ff biscuits**

Meat: Chicken ff korma

Meat: Roast Pork Meat: Roast chicken **Veg: Tomato balls Veg: Vegetable balls in gravy**

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans Dessert: Various ff biscuits

Meat: ff Creamy chicken ff linguine Meat: Meatball tomato ff tagliatelle Veg: ff Creamy vegetable ball ff linguine Veg: meat free balls tomato ff tagliatelle

and mushroom) ff korma With: Rice, ff bread and mixed salad

Dessert: Jelly and ff cream

Meat: ff Fish fingers

Veg: Falafels

With: Oven chips and peas Dessert: Free from cake

With: ff bread and mixed salad Dessert: Jelly and ff cream Dessert: Jelly and ff cream

Meat: ff Fish goujons

Veg: Falafels

With: Oven chips and peas Dessert: Free from cake

With: ff bread and mixed salad

Meat: ff Fish fingers

carrots and green beans

Dessert: Various ff biscuits

Veg: Falafels

With: Oven chips and peas Dessert: Free from cake

Soup option

Warm soup served in an insulated cup with a bread roll, choose from chicken, tomato, butterbean

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo or cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Popcorn, Veggie straws, Melon sticks, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket potato

Salad option

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes



Autumn/Winter Egg 2021/22

Week One

Weeks beginning

1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Week Two

Weeks beginning

8th Nov, 29th Nov 3rd Jan, 24th Jan,

Week Three

Weeks beginning

15th Nov, 6th Dec 10th Jan, 31st Jan

Monday

Meat: Chicken goujons with sweet chilli dip

Veg: Meat free goujons

With: Diced potatoes and mixed veg

Dessert: FF cake

Meat: Handmade ff burger in a bun Meat: Chicken breast burger Veg: Vegetable burger in a bun Veg: Chicken style burger

With: Diced potatoes and mixed veg

Dessert: FF cake



Meat: Love food Breakfast (sausage and bacon)

Veg: Vegetarian breakfast

With: Hash browns and baked beans

Dessert: Blueberry cheesecake

Meat: Cumberland sausage

Meat: Roast chicken

Veg: Plant based Cumberland sausage

With: Mashed potatoes and baked beans

Dessert: Cherry cheesecake

Veg: Vegetable balls in gravy





Meat: Roast Turkey Veg: Vegetable casserole

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans **Dessert: Various biscuits** Meat: Roast Pork

Dessert: FF cake

Meat: Meatballs x 3

Veg: Tomato balls

Veg: Sweet potato and carrot bites

Meat: Creamy chicken ball linguine

Veg: Creamy vegetable ball linguine

With: Garlic bread and mixed salad

Dessert: Strawberry cheesecake

With: Diced potatoes and mixed veg

With: Sauté potatoes and baked beans

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans **Dessert: Various biscuits** With: Roast potatoes, ff Yorkshire pudding, baby carrots and green beans **Dessert: Various biscuits**

Thursday



Meat: Chicken korma Veg: Vegetable korma

With: Rice, naan bread and mixed salad

Dessert: Fruit trifle

Meat: Meatball tomato tagliatelle

Veg: meat free balls tomato tagliatelle With: Garlic bread and mixed salad

Dessert: Strawberry mousse

Meat: Fish fingers Veg: Fishless fingers

With: Oven chips and peas

Dessert: FF cake

Meat: Fish goujons Veg: Fishless goujons With: Oven chips and peas

Dessert: Chocolate mousse

Dessert: FF cake

Meat: Fish cake

Veg: Vegetable fingers With: Oven chips and peas

Dessert: FF cake

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, Mushroom, tomato, or vegetable

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo, vegan ham, vegan chicken, or vegan cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Veggie straws, Melon sticks, Pretzels, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

Salad option

Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes

Everyday

Week Two

Dessert: FF cake

Meat: Meatballs x 3

Dessert: Free from cake

carrots and green beans

Dessert: Various ff biscuits

Veg: Tomato balls

Meat: Roast Pork

Veg: Tomato balls

Weeks beginning

Weeks beginning 1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Weeks beginning 8th Nov. 29th Nov 3rd Jan. 24th Jan.

15th Nov, 6th Dec 10th Jan, 31st Jan

Week Three

Meat: FF Chicken goujons with sweet chilli dip

Veg: Meat free chicken pieces With: Diced potatoes and mixed veg

Dessert: FF cake

Meat: Handmade FF burger in a FF bun Meat: Chicken breast burger Veg: sweetcorn fritter in a FF bun Veg: Chicken style burger With: Diced potatoes and mixed veg

With: Diced potatoes and mixed veg

Dessert: FF cake

Meat: Love food Breakfast (sausage and bacon)

Veg: Vegetarian breakfast

With: Hash browns and baked beans

Dessert: Free from cake

Meat: ff Cumberland sausage

Veg: Plant based Cumberland sausage With: Mashed potatoes and baked beans

Dessert: Free from cake

Wednesday

Meat: Roast Turkey Veg: Vegetable casserole

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans **Dessert: Various ff biscuits** Meat: Roast chicken **Veg: Vegetable balls in gravy**

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans **Dessert: Various ff biscuits**

Thursday

Meat: Chicken ff korma

Veg: Vegetable(sweet potato, butternut squash cubes

and mushroom) ff korma

With: Rice, ff bread and mixed salad

Dessert: Jelly and ff cream

Meat: ff Fish fingers

Veg: Falafels

With: Oven chips and peas Dessert: Free from cake

Meat: ff Creamy chicken ff linguine

Veg: ff Creamy vegetable ball ff linguine

With: Roast potatoes, ff Yorkshire pudding, baby

With: Sauté potatoes and baked beans

With: ff bread and mixed salad Dessert: Jelly and ff cream

Meat: ff Fish goujons

Veg: Falafels

With: Oven chips and peas Dessert: Free from cake

Veg: meat free balls tomato ff tagliatelle

Meat: ff Meatball tomato ff tagliatelle

With: ff bread and mixed salad Dessert: Jelly and ff cream

Meat: ff Fish fingers

Veg: Falafels

With: Oven chips and peas Dessert: Free from cake

Soup option

Warm soup served in an insulated cup with a bread roll, choose from chicken, tomato, butterbean

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo or cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Popcorn, Veggie straws, Melon sticks, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes

Everyday

Salad option



Autumn/Winter Dairy Soya Free 2021/22

Week One

Weeks beginning

1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Week Two

Weeks beginning

8th Nov, 29th Nov 3rd Jan, 24th Jan,

Week Three

Weeks beginning

15th Nov, 6th Dec 10th Jan, 31st Jan

Monday

Meat: Chicken goujons with sweet chilli dip

Veg: Meat free goujons

With: Diced potatoes and mixed veg

Dessert: ff cake

Meat: Chicken breast burger Veg: Chicken style burger

With: Diced potatoes and mixed veg

Dessert: ff cake



Meat: Love food Breakfast (ff sausage and bacon)

Veg: Vegetarian breakfast

With: Hash brown, oat milk scrambled egg and baked

Dessert: ff cake

Meat: Homemade ff Ham oat milk omelette

Veg: Homemade ff cheese oat milk omelette

With: Sauté potatoes and baked beans

Meat: Handmade ff burger in a bun

With: Diced potatoes and mixed veg

Veg: Vegetable burger in a bun

Dessert: ff cake

Meat: ff Cumberland sausage

Veg: Plant based Cumberland sausage With: Oat milk Mashed potatoes and baked beans

With: Roast potatoes, ff Yorkshire pudding, baby

Wednesday

Meat: Roast Turkey

Veg: Vegetable casserole

With: Roast potatoes, ff Yorkshire pudding, baby

With: Rice, naan bread and mixed salad

carrots and green beans **Dessert: Various ff biscuits**

Meat: Chicken ff korma

Veg: Vegetable ff korma

Dessert: ff cake Dessert: ff cake Meat: Roast Pork Meat: Roast chicken

Veg: Sweet potato and carrot bites Veg: Vegetable balls in gravy

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans **Dessert: Various ff biscuits**

Meat: ff Creamy chicken ball linguine Meat: ff Meatball tomato ff tagliatelle Veg: ff Creamy vegetable ball linguine

With: ff bread and mixed salad Dessert: Jelly and ff cream

Veg: meat free balls tomato ff tagliatelle

Meat: Fish cake

Veg: Falafels

With: ff bread and mixed salad Dessert: Jelly and ff cream

carrots and green beans

Dessert: Various ff biscuits

Thursday

Meat: Fish fingers Veg: Falafels

Dessert: ff cake

With: Oven chips and peas

Dessert: Jelly and ff cream

Meat: Fish goujons **Veg: Falafels**

With: Oven chips and peas With: Oven chips and peas

Dessert: ff cake Dessert: ff cake

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, Mushroom, tomato, or vegetable

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo, vegan ham, vegan chicken, or vegan cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Veggie straws, Melon sticks, Pretzels, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

Salad option

Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes

Everyday

Weeks beginning

1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Week Two

Weeks beginning

8th Nov. 29th Nov 3rd Jan. 24th Jan.

Week Three

Weeks beginning

15th Nov, 6th Dec 10th Jan, 31st Jan

Monday

Meat:FF Chicken goujons with sweet chilli dip

Veg: Meat free chicken pieces With: Diced potatoes and mixed veg

Dessert: FF cake

Meat: Handmade FF burger in a FF bun Meat: Chicken breast ff burger Veg: sweetcorn fritter in a FF bun

Veg: Chicken style burger

With: Diced potatoes and mixed veg With: Diced potatoes and mixed veg Dessert: FF cake

Dessert: FF cake Meat: ff Meat balls

Dessert: Free from cake

carrots and green beans

Dessert: Various ff biscuits

Veg: Tomato balls

Meat: Roast Pork

Veg: vegetable balls

Tuesday Meat: Love food Breakfast (FF sausage and bacon)

> Veg: Vegetarian breakfast plant based With: Hash browns and baked beans

Dessert: Free from cake

Meat: ff Cumberland sausage

Veg: Plant based Cumberland sausage With: Mashed potatoes and baked beans

Dessert: Free from cake

Wednesday



Meat: Roast Turkey Veg: Vegetable casserole

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans **Dessert: Various ff biscuits** Meat: Roast chicken

Veg: Vegetable balls in gravy

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans **Dessert: Various ff biscuits**

Thursday



Meat: Chicken korma

Veg: Vegetable(sweet potato, butternut squash cubes

and mushroom) korma

With: Rice, ff bread and mixed salad

Dessert: Fruit trifle

Meat: ff Fish fingers Veg: Falafels

With: Oven chips and peas Dessert: Free from cake

Meat: Creamy chicken ff linguine

Veg: Creamy vegetable ball ff linguine

With: Sauté potatoes and baked beans

With: Roast potatoes, ff Yorkshire pudding, baby

With: ff bread and mixed salad Dessert: Chocolate mousse

Meat: ff Fish goujons

Veg: Falafels

With: Oven chips and peas Dessert: Free from cake

Veg: meat free balls tomato ff tagliatelle

Meat: ff Meatball tomato ff tagliatelle

With: ff bread and mixed salad **Dessert: Strawberry mousse**

Meat: ff Fish fingers

Veg: Falafels

With: Oven chips and peas Dessert: Free from cake

Soup option

Warm soup served in an insulated cup with a bread roll, choose from chicken, tomato, butterbean

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo or cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Popcorn, Veggie straws, Melon sticks, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

Salad option Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes

Everyday



Autumn/Winter Dairy and Egg Free 2021/22

Week One

Weeks beginning

1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Week Two

Weeks beginning

8th Nov. 29th Nov 3rd Jan. 24th Jan.

Week Three

Weeks beginning

15th Nov, 6th Dec 10th Jan, 31st Jan



Wednesday

Thursday

Meat: Chicken goujons with sweet chilli dip

Veg: Meat free goujons

With: Diced potatoes and mixed veg

Dessert: ff cake

Tuesday

Meat: Love food Breakfast (ff sausage and bacon)

With: Roast potatoes, ff Yorkshire pudding, baby

Veg: Vegetarian breakfast

Veg: Vegetable casserole

carrots and green beans

Meat: Chicken ff korma

Veg: Vegetable ff korma

Dessert: Jelly and ff cream

Dessert: Various ff biscuits

With: Hash browns and baked beans

With: Rice, naan bread and mixed salad

Dessert: ff cake

Meat: Roast Turkey

Meat: Meatballs

Meat: Handmade ff burger in a bun

With: Diced potatoes and mixed veg

Veg: Vegetable burger in a bun

With: Sauté potatoes and baked beans

Dessert: ff cake

Veg: Tomato balls

Dessert: ff cake

Meat: Roast Pork

Veg: Sweet potato and carrot bites

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans Dessert: Various ff biscuits

Meat: ff Creamy chicken ball linguine Veg: ff Creamy vegetable ball linguine

With: ff bread and mixed salad Dessert: Jelly and ff cream

Meat: Fish goujons **Veg: Falafels**

With: Oven chips and peas

Dessert: ff cake

Meat: Chicken breast burger

Veg: Chicken style burger

With: Diced potatoes and mixed veg

Dessert: ff cake

Meat: ff Cumberland sausage

Veg: Plant based Cumberland sausage

With: Soya Mashed potatoes and baked beans

Dessert: ff cake

Meat: Roast chicken

Veg: Vegetable balls in gravy

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans **Dessert: Various ff biscuits**

Meat: ff Meatball tomato ff tagliatelle Veg: meat free balls tomato ff tagliatelle

With: ff bread and mixed salad

Dessert: Jelly and ff cream

Meat: Fish cake **Veg: Falafels**

With: Oven chips and peas

Dessert: ff cake



Meat: Fish fingers Veg: Falafels

With: Oven chips and peas

Dessert: ff cake

Soup option Lunch box

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, Mushroom, tomato, or vegetable

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo, vegan ham, vegan chicken, or vegan cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Veggie straws, Melon sticks, Pretzels, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket potato

option

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

Salad option Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes

With: Diced potatoes and mixed veg

With: Sauté potatoes and baked beans

Dessert: FF cake

Meat: Meatballs x 3

Dessert: Free from cake

Veg: Tomato balls

Week One

Weeks beginning

1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Week Two

Weeks beginning

8th Nov. 29th Nov 3rd Jan. 24th Jan.

Week Three

Weeks beginning

15th Nov, 6th Dec 10th Jan, 31st Jan

Monday

Meat: FF Chicken goujons with sweet chilli dip

Veg: Sweetcorn fritter

With: Diced potatoes and mixed veg

Dessert: FF cake

Meat: Handmade FF burger in a FF bun Meat: Chicken breast burger Veg: sweetcorn fritter in a FF bun Veg: Chicken style burger

With: Diced potatoes and mixed veg

Dessert: FF cake



Meat: Love food Breakfast (sausage and bacon)

Veg: Vegetarian breakfast

With: Hash browns and baked beans

Dessert: Free from cake

Meat: ff Cumberland sausage

Veg: Plant based Cumberland sausage

With: Mashed potatoes and baked beans

Dessert: Free from cake

Wednesday



Meat: Roast Turkey Veg: Vegetable casserole

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans **Dessert: Various ff biscuits** Meat: Roast Pork Meat: Roast chicken

Veg: Tomato balls Veg: Vegetable balls in gravy With: Roast potatoes, ff Yorkshire pudding, baby With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans carrots and green beans Dessert: Various ff biscuits

Thursday



Veg: Vegetable(sweet potato, butternut squash cubes and mushroom) ff korma

With: Rice, ff bread and mixed salad

Dessert: Jelly and ff cream

Meat: ff Fish fingers Veg: Falafels

With: Oven chips and peas Dessert: Free from cake

Meat: ff Creamy chicken ff linguine

Veg: ff Creamy vegetable ball ff linguine

With: ff bread and mixed salad Dessert: Jelly and ff cream

Meat: ff Fish goujons

Veg: Falafels

With: Oven chips and peas Dessert: Free from cake

Dessert: Various ff biscuits

Meat: ff Meatball tomato ff tagliatelle Veg: meat free balls tomato ff tagliatelle

With: ff bread and mixed salad Dessert: Jelly and ff cream

Meat: ff Fish fingers

Veg: Falafels

With: Oven chips and peas Dessert: Free from cake

Soup option

Warm soup served in an insulated cup with a bread roll, choose from chicken, tomato, butterbean

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo or cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Popcorn, Veggie straws, Melon sticks, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

Salad option Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coles aw and new potatoes

Everyday



Autumn/Winter Dairy, Gluten and Soya Free 2021/22

Week One

Week Two

Meat: Handmade ff burger in a bun

With: Diced potatoes and mixed veg

Veg: Vegetable burger in a bun

Week Three Weeks beginning

Weeks beginning

Weeks beginning

15th Nov, 6th Dec 10th Jan, 31st Jan

1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

8th Nov, 29th Nov 3rd Jan, 24th Jan,

Meat: Chicken breast burger

Veg: Chicken style burger

With: Diced potatoes and mixed veg

Dessert: ff cake

Mondau

Tuesday

Meat: Chicken goujons with sweet chilli dip **Veg: Sweetcorn fritter**

With: Diced potatoes and mixed veg

Dessert: ff cake

Meat: Homemade ff Ham oat milk omelette

Veg: Homemade ff cheese oat milk omelette **Veg: Plant based Cumberland sausage**

With: Sauté potatoes and baked beans

Meat: ff Creamy chicken ball linguine

Veg: ff Creamy vegetable ball linguine

Meat: ff Cumberland sausage

With: Oat milk Mashed potatoes and baked beans

Dessert: ff cake

Dessert: ff cake

carrots and green beans

Dessert: Various ff biscuits

With: ff bread and mixed salad

Dessert: ff cake

Dessert: ff cake Meat: Roast chicken

Meat: Roast Pork Veg: Sweet potato and carrot bites

Veg: Vegetable balls in gravy

With: Roast potatoes, ff Yorkshire pudding, baby With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans **Dessert: Various ff biscuits**

Wednesday



Meat: Roast Turkey Veg: Vegetable casserole

With: Roast potatoes, ff Yorkshire pudding, baby

Meat: Love food Breakfast (ff sausage and bacon)

With: Hash brown, oat milk scrambled egg and baked

carrots and green beans

Dessert: Various ff biscuits

Veg: Vegetarian breakfast

Meat: ff Meatball tomato ff tagliatelle

Veg: meat free balls tomato ff tagliatelle

With: ff bread and mixed salad Dessert: Jelly and ff cream

Thursday



Meat: Chicken ff korma

Meat: Fish fingers

Veg: Falafels

Veg: Vegetable ff korma

With: Rice, naan bread and mixed salad

Dessert: Jelly and ff cream

Meat: Fish goujons **Veg: Falafels**

With: Oven chips and peas

Dessert: Jelly and ff cream

Meat: Fish cake

Veg: Falafels

With: Oven chips and peas

With: Oven chips and peas Dessert: ff cake Dessert: ff cake

Dessert: ff cake

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, Mushroom, tomato, or vegetable

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo, vegan ham, vegan chicken, or vegan cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Veggie straws, Melon sticks, Pretzels, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

Salad option

Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes

Everyday



Autumn/Winter Dairy Soya and Egg Free 2021/22

Week One

Week Two Weeks beginning

Weeks beginning 15th Nov, 6th Dec 10th Jan, 31st Jan

With: Roast potatoes, ff Yorkshire pudding, baby

Week Three

Weeks beginning

1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Meat: Chicken goujons with sweet chilli dip **Veg: Sweetcorn fritter**

With: Diced potatoes and mixed veg

Dessert: ff cake

Tuesday

Mondau

Meat: Love food Breakfast (ff sausage and bacon)

Veg: Vegetarian breakfast

With: Hash browns and baked beans

Dessert: ff cake

Wednesday

Meat: Roast Turkey Veg: Vegetable casserole

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans **Dessert: Various ff biscuits**

Thursday

Meat: Chicken ff korma Veg: Vegetable ff korma

With: Rice, naan bread and mixed salad

Dessert: Jelly and ff cream

Meat: Fish fingers Veg: Falafels

With: Oven chips and peas

Dessert: ff cake

Meat: Handmade ff burger in a bun Meat: Chicken breast burger Veg: Vegetable burger in a bun Veg: Chicken style burger

With: Diced potatoes and mixed veg With: Diced potatoes and mixed veg

Dessert: ff cake Dessert: ff cake

Meat: Meatballs Meat: ff Cumberland sausage

Veg: Tomato balls Veg: Plant based Cumberland sausage

With: Sauté potatoes and baked beans With: Soya Mashed potatoes and baked beans

Meat: Roast chicken

Veg: Vegetable balls in gravy

carrots and green beans

Dessert: Various ff biscuits

Dessert: Jelly and ff cream

With: Oven chips and peas

Meat: Fish cake

Veg: Falafels

With: ff bread and mixed salad

Meat: ff Meatball tomato ff tagliatelle

Veg: meat free balls tomato ff tagliatelle

Dessert: ff cake Dessert: ff cake

Meat: Roast Pork

8th Nov. 29th Nov 3rd Jan. 24th Jan.

Veg: Sweet potato and carrot bites

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans Dessert: Various ff biscuits

Meat: ff Creamy chicken ball linguine Veg: ff Creamy vegetable ball linguine

With: ff bread and mixed salad Dessert: Jelly and ff cream

Meat: Fish goujons **Veg: Falafels**

With: Oven chips and peas

Dessert: ff cake Dessert: ff cake

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, Mushroom, tomato, or vegetable

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo, yegan ham, yegan chicken, or yegan cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Veggie straws, Melon sticks, Pretzels, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

potato Salad option

Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes

Everyday



Autumn/Winter Fish free 2021/22

Week One

Weeks beginning

1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Week Two

Weeks beginning

8th Nov, 29th Nov 3rd Jan, 24th Jan,

Meat: Handmade burger in a bun

Meat: Homemade Ham omelette

Veg: Homemade cheese omelette

Dessert: Strawberry cheesecake

Meat: Creamy chicken ball linguine

Veg: Creamy vegetable ball linguine

With: Garlic bread and mixed salad

With: Sauté potatoes and baked beans

With: Diced potatoes and mixed veg

Veg: Vegetable burger in a bun

Week Three

Weeks beginning

15th Nov, 6th Dec 10th Jan, 31st Jan

Monday

Meat: Chicken goujons with sweet chilli dip

Veg: Meat free goujons

With: Diced potatoes and mixed veg

Dessert: Caramel cake

Meat: Chicken breast burger Veg: Chicken style burger

With: Diced potatoes and mixed veg

Dessert: Apple cake



Meat: Love food Breakfast (sausage and bacon)

Veg: Vegetarian breakfast

With: Hash brown, scrambled egg and baked beans

Dessert: Blueberry cheesecake

Meat: Cumberland sausage

Veg: Plant based Cumberland sausage With: Mashed potatoes and baked beans

Dessert: Cherry cheesecake

Wednesday



Meat: Roast Turkey Veg: Vegetable casserole

With: Roast potatoes, Yorkshire pudding, baby carrots

and green beans

Dessert: Various biscuits

Meat: Roast Pork Meat: Roast chicken

Veg: Sweet potato and carrot bites Veg: Vegetable balls in gravy

With: Roast potatoes, Yorkshire pudding, baby carrots

and green beans

Dessert: Flap jack

Dessert: Various biscuits

With: Roast potatoes, Yorkshire pudding, baby carrots

and green beans

Dessert: Various biscuits

Thursday



Veg: Vegetable korma

With: Rice, naan bread and mixed salad

Dessert: Fruit trifle

Meat: Meatball tomato tagliatelle

Veg: meat free balls tomato tagliatelle With: Garlic bread and mixed salad

Dessert: Strawberry mousse

Meat:Meatballs

Veg: Fishless fingers

With: Oven chips and peas

Dessert: Strawberry iced bun

Meat: Sausages

Veg: Fishless goujons With: Oven chips and peas

Dessert: Strawberry iced bun

Dessert: Chocolate mousse

Meat: Chicken balls

Veg: Vegetable fingers With: Oven chips and peas

Dessert: Strawberry iced bun

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, Mushroom, tomato, or vegetable

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo, vegan ham, vegan chicken, or vegan cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Veggie straws, Melon sticks, Pretzels, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

Salad option

Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes

Everyday



Autumn/Winter Fish and Egg 2021/22

Week One

Weeks beginning

1st Nov, 22nd Nov, 13th Dec 17th Jan, 7th Feb

Week Two

Weeks beginning

8th Nov, 29th Nov 3rd Jan, 24th Jan,

Week Three

Weeks beginning

15th Nov, 6th Dec 10th Jan, 31st Jan

Monday

Meat: Chicken goujons with sweet chilli dip

Veg: Meat free goujons

With: Diced potatoes and mixed veg

Dessert: FF cake

Meat: Chicken breast burger

Veg: Chicken style burger

With: Diced potatoes and mixed veg

Dessert: FF cake



Meat: Love food Breakfast (sausage and bacon)

Veg: Vegetarian breakfast

With: Hash browns and baked beans

Dessert: Blueberry cheesecake

Meat: Meatballs x 3 **Meat: Cumberland sausage**

Veg: Tomato balls

With: Sauté potatoes and baked beans

Meat: Handmade ff burger in a bun

With: Diced potatoes and mixed veg

Veg: Vegetable burger in a bun

Dessert: Strawberry cheesecake

Veg: Plant based Cumberland sausage

With: Mashed potatoes and baked beans

With: Roast potatoes, ff Yorkshire pudding, baby

Dessert: Cherry cheesecake

Meat: Roast chicken

Wednesday

Meat: Roast Turkey Veg: Vegetable casserole

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans **Dessert: Various biscuits** **Meat: Roast Pork**

Dessert: FF cake

Veg: Sweet potato and carrot bites

With: Roast potatoes, ff Yorkshire pudding, baby

carrots and green beans **Dessert: Various biscuits** carrots and green beans **Dessert: Various biscuits**

Veg: Vegetable balls in gravy

Thursday



Meat: Chicken korma Veg: Vegetable korma

With: Rice, naan bread and mixed salad

Dessert: Fruit trifle

Meat: Creamy chicken ball linguine Meat: Meatball tomato tagliatelle Veg: Creamy vegetable ball linguine Veg: meat free balls tomato tagliatelle With: Garlic bread and mixed salad With: Garlic bread and mixed salad

Dessert: Chocolate mousse **Dessert: Strawberry mousse**

Meat: Meatballs **Veg: Fishless fingers** With: Oven chips and peas

Dessert: FF cake

Meat: Fish Sausages Veg: Fishless goujons With: Oven chips and peas

Dessert: FF cake

Meat: Chicken balls **Veg: Vegetable fingers** With: Oven chips and peas

Dessert: FF cake

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, Mushroom, tomato, or vegetable

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo, vegan ham, vegan chicken, or vegan cheese. All lunch boxes come with a piece of fruit, a yoghurt, a dessert and a snack bag which can contain any two of the following which are swapped around daily: Cheese triangle, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Veggie straws, Melon sticks, Pretzels, Dried chewy bananas, Dried apple slices, Cheezi straws, Quinoa chips, Pineapple sticks, Raisins.

Jacket potato

All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad.

Salad option Your choice of ham, cheese, tuna mayo or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes

Everyday