

F+ Halal Spring & Summer 2024		MONDAY	SUGARWISE TUESDAY	WEDNESDAY	SUGARWISE THURSDAY	FRIDAY FAVOURITES
WEEK ONE <i>Week Commencing:</i> 15th April 6th & 27th May 17th June 8th & 29th July 19h August 9th & 30th Sept 21st October	Traditional Main Course	Southern Style Quorn Burger or Quorn Goujons in a Bun with Tortilla Chips & Sweetcorn (v)	Loaded Halal Chicken or Vegetarian Chilli Tacos with Mixed Rice Freshly Prepared Salad Selection	Roast Halal Chicken or Roast Quorn Fillet with Roast Potatoes, Seasonal Vegetables & Gravy	Halal Chicken or Vegetarian Sausages with Herby Potato Wedges Mixed Vegetable Medley or Baked Beans	Golden Crumb Fish Fingers or Vegetable Fingers with Oven Baked Chips Garden Peas & Sweetcorn or Baked Beans
	Pizza & Pasta	Vegetable Pasta Bake with Freshly Prepared Salad Selection (v)	Cheese & Tomato Pinwheel Pizza with Paprika Potato Wedges Garden Peas & Sweetcorn or Baked Beans (v)	Creamy Tomato & Mascarpone Pasta with Freshly Prepared Salad Selection (v)	Tomato & Italian Herb Pasta with Freshly Prepared Salad Selection (v)	Homemade Pizza Margherita with Oven Baked Chips Garden Peas & Sweetcorn or Baked Beans (v)
	Jackets & Sandwiches	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Choice of filled Sandwich Roll with Tortilla Chips Freshly Prepared Salad Selection
	Desserts	Sticky Toffee Cupcake or Fruit Yoghurt with Fruit Selection & Milk	Mini Chocolate Cookie or Fruit Yoghurt with Fruit Wedges & Milk	Fruit Jelly & Vanilla Cream or Fruit Yoghurt with Fruit Selection & Milk	Mini Shortbread Biscuit or Fruit Yoghurt with Fruit Wedges & Milk	Chocolate Brownie or Fruit Yoghurt with Fruit Selection & Milk
WEEK TWO <i>Week Commencing:</i> 22nd April 13th May 3rd & 24th June 15th July 5th & 26th August 16th Sept 7th October 28th October	Traditional Main Course	Vegetarian Sausage Roll with Paprika Potato Wedges Garden Peas & Sweetcorn or Baked Beans (v)	Halal Chicken or Vegetarian Burger in a Bun with Tortilla Chips Freshly Prepared Salad Selection	Roast Halal Chicken or Roast Quorn Fillet with Roast Potatoes, Seasonal Vegetables & Gravy	Cooks Choice of Halal Chicken or Vegetarian Curry with Mixed Rice & Naan Bread	Harry Ramsdens Crispy Battered Fish or Vegetable Fingers with Oven Baked Chips & Mushy Peas
	Pizza & Pasta	Creamy Tomato & Mascarpone Pasta with Freshly Prepared Salad Selection (v)	Tomato, Mild Chilli & Sweet Pepper Pasta with Freshly Prepared Salad Selection (v)	Homemade Calzone Pizza with Rainbow Vegetable Pasta Salad (v)	Cheese, Broccoli & Pasta Bake with Freshly Prepared Salad Selection (v)	Homemade Pizza Margherita with Oven Baked Chips & Baked Beans (v)
	Jackets & Sandwiches	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Choice of filled Sandwich Roll with Tortilla Chips Freshly Prepared Salad Selection
	Desserts	Vanilla Sponge & Chocolate Sauce or Fruit Yoghurt with Fruit Selection & Milk	Mini Chocolate Shortbread or Fruit Yoghurt with Fruit Wedges & Milk	Oaty Flapjack or Fruit Yoghurt with Fruit Selection & Milk	Mini Vanilla Cookie or Fruit Yoghurt with Fruit Wedges & Milk	Fruit Jelly & Vanilla Cream or Fruit Yoghurt with Fruit Selection & Milk
WEEK THREE <i>Week Commencing:</i> 29th April 20th May 10th June 1st & 22nd July 12th August 2nd & 23rd Sept 14th October 4th November	Traditional Main Course	Halal Chicken or Vegetarian Sausages in a Bun with Tortilla Chips Freshly Prepared Salad Selection	Golden Crumb Salmon Fillet Fingers or Vegetable Fingers with Paprika Potato Wedges Mixed Vegetable Medley or Baked Beans	Roast Halal Chicken or Roast Quorn Fillet with Roast Potatoes, Seasonal Vegetables & Gravy	Summer Picnic Lunch Assorted filled Sandwich and/or Wrap Mini Vegetable Samosa Tortilla Chips & Vegetable Sticks	Golden Crumb Fish Fingers or Vegetable Fingers with Oven Baked Chips Garden Peas & Sweetcorn or Baked Beans
	Pizza & Pasta	Tomato & Italian Herb Pasta with Freshly Prepared Salad Selection (v)	Tondo Pizza Panini with Paprika Potato Wedges Freshly Prepared Salad Selection (v)	Creamy Tomato & Mascarpone Pasta with Freshly Prepared Salad Selection (v)	Halal Chicken or Quorn Pasta Bolognese with Freshly Prepared Salad Selection	Homemade Pizza Margherita with Oven Baked Chips Garden Peas & Sweetcorn or Baked Beans (v)
	Jackets & Sandwiches	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Cooks Choice of filled Oven Baked Jacket Potato with Freshly Prepared Salad Selection	Choice of filled Sandwich Roll with Tortilla Chips Freshly Prepared Salad Selection
	Desserts	Chocolate Cupcake or Fruit Yoghurt with Fruit Selection & Milk	Mini Lemon Cookie or Fruit Yoghurt with Fruit Wedges & Milk	Fruit Jelly & Vanilla Cream or Fruit Yoghurt with Fruit Selection & Milk	Mini Shortbread Biscuit or Fruit Yoghurt with Fruit Wedges & Milk	Chocolate Mousse Delight or Fruit Yoghurt with Fruit Selection & Milk