

## F+ Hot Delivered Lunch Menu Autumn/Winter 2020-21

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pork or Veggie Sausage Hotdog Herby Potatoes, Carrot Batons & Tomato Ketchup or Vegetable Korma Curry Mixed Rice & Naan Bread (v) ~ Cherry Cookie or Fruit Yoghurt Fresh Fruit & Organic Milk	Lancashire Cheese & Potato Pie & Broccoli Florets (v) or Veggie Meatball Marinara Pasta Garlic Bread & Mixed Salad (v) ~ Chocolate Cupcake or Fruit Yoghurt Fresh Fruit & Organic Milk	Oven Baked Jacket Potato Choice of Filling & Mixed Vegetable Medley or Cheese & Tomato French Bread Pizza Potato Wedges & Mixed Vegetable Medley (v) ~ Shortbread Biscuit or Fruit Yoghurt Fresh Fruit & Organic Milk	Chinese Style Chicken Curry Mixed Vegetable Rice or Cheesy Bean & Potato Bake Homemade Crusty Bread & Broccoli Florets (v) ~ Oaty Biscuit or Fruit Yoghurt Fresh Fruit & Organic Milk	Golden Crumb Omega 3 Fish Fingers Oven Baked Chips Garden Peas & Sweetcorn or Homemade Margherita Pizza Oven Baked Chips Garden Peas & Sweetcorn (v) ~ Chocolate Cookie or Fruit Yoghurt Fresh Fruit & Organic Milk
WEEK TWO	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cheddar Cheese & Onion Pasty Paprika Potatoes & Baked Beans (v) or Crispy Quorn, Salad & Mayo Wrap Paprika Potatoes & Garden Peas (v) ~ Vanilla Fairy Cake or Fruit Yoghurt Fresh Fruit & Organic Milk	Traditional Cottage Pie Seasonal Cabbage & Carrots or Tomato & Mascarpone Pasta Garlic Dough Balls & Mixed Salad (v) ~ Chocolate Cookie or Fruit Yoghurt Fresh Fruit & Organic Milk	Oven Baked Jacket Potato Choice of Filling & Mixed Vegetable Medley or Quorn Tikka Curry Mixed Rice & Naan Bread (v) ~ Flapjack or Fruit Yoghurt Fresh Fruit & Organic Milk	British Beef Burger Potato Wedges, Corn on the Cob & Tomato Ketchup or Pasta Neapolitan Garlic Bread & Broccoli Florets (v) ~ Shortbread Biscuit or Fruit Yoghurt Fresh Fruit & Organic Milk	Crispy Tempura Fish Goujons Oven Baked Chips Garden Peas & Sweetcorn or Homemade Margherita Pizza Oven Baked Chips Garden Peas & Sweetcorn (v) ~ Cherry Cookie or Fruit Yoghurt Fresh Fruit & Organic Milk
WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pasta Bolognese Garlic Dough Balls & Broccoli Florets or Veggie Meatballs & Gravy Mashed Potatoes, Broccoli Florets & Carrot Batons (v) ~ Shortbread Biscuit or Fruit Yoghurt Fresh Fruit & Organic Milk	Oven Baked Jacket Potato Choice of Filling & Mixed Vegetable Medley or Sweet Pepper French Bread Pizza Potato Wedges & Mixed Vegetable Medley (v) ~ Oaty Biscuit or Fruit Yoghurt Fresh Fruit & Organic Milk	Hot Roast Pork & Stuffing Barmcake Roast Potatoes, Seasonal Cabbage & Carrot Batons or Pasta Arrabbiata Garlic Bread & Mixed Salad (v) ~ Vanilla Fairy Cake or Fruit Yoghurt Fresh Fruit & Organic Milk	Chicken Tikka Curry Mixed Rice & Naan Bread or Tuna & Cheese Panini Melt Herby Potatoes & Broccoli Florets ~ Cherry Cookie or Fruit Yoghurt Fresh Fruit & Organic Milk	Chunky Fish Finger, Salad & Mayo Wrap Oven Baked Chips Garden Peas & Sweetcorn or Homemade Margherita Pizza Oven Baked Chips Garden Peas & Sweetcorn (v) ~ Chocolate Cupcake or Fruit Yoghurt Fresh Fruit & Organic Milk
<p style="text-align: center;">Whilst every effort is made to produce the published menus, please note that they may vary occasionally subject to availability and individual school requirements.</p> <p style="text-align: center;">All Hot Meals Served in an Biodegradable, Compostable tray complete with closing lid</p>					