

# MENU

Serving fantastic lunches everyday - All menus are planned to comply with School Food Standards and all new dishes are tested by children. Our fish is MSC certified and we also use red tractor meat and poultry and Free Range products throughout the menu. There is always fresh fruit and salad, bread and locally produced yoghurt available daily.

## Week 1

Week commencing  
9th October 2023, 30th October 2023,  
20th November, 11th December,  
1st January, 22nd January,  
12th February, 4th March, 25th March,  
15th April, 6th May.

	MONDAY	SUGARWISE TUESDAY	WEDNESDAY	SUGARWISE THURSDAY	FRIDAY FAVOURITES
<b>Traditional Main Course</b>	Booths Pork & Vegetable Sausages or Vegetarian Sausages & Gravy with Creamed Potatoes & Mixed Vegetable Medley	Homemade Chicken or Quorn Tikka Curry with Mixed Rice & Naan Bread	Roast Chicken or Roast Quorn Fillet with Roast Potatoes, Seasonal Vegetables & Gravy	Lancashire Cheese & Potato Pie with Broccoli Florets or Baked Beans (v)	Golden Crumb Fish Fingers or Vegetable Fingers with Oven Baked Chips Garden Peas & Tomato Ketchup
<b>Pizza &amp; Pasta</b>	Tomato & Mascarpone Pasta with Homemade Crusty Bread & Salad Selection (v)	Tondo Pizza Panini with Potato Wedges & Sweetcorn (v)	Mac 'n' Cheese Bake with Homemade Crusty Bread & Garden Peas (v)	Pasta Neapolitan Italian Tomato & Herb Sauce with Homemade Crusty Bread & Salad Selection (v)	Homemade Pizza Margherita with Oven Baked Chips & Sweetcorn (v)
<b>Jacket Potato</b>	Oven Baked Jacket Potato with Baked Beans & Freshly Prepared Salad Selection (v)	Oven Baked Jacket Potato with Cheese & Freshly Prepared Salad Selection (v)	Oven Baked Jacket Potato with Baked Beans & Freshly Prepared Salad Selection (v)	Oven Baked Jacket Potato with Tuna Mayo & Freshly Prepared Salad Selection	Oven Baked Jacket Potato with Cheese & Freshly Prepared Salad Selection (v)
<b>Dessert</b>	Fruit Crumble & Custard or Fruit Yoghurt with Fruit Selection & Milk	Mini Lemon Cookie or Fruit Yoghurt with Fruit Wedges & Milk	Raspberry Bun 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 2

Week commencing  
16th October, 6th November,  
27th November, 18th December,  
8th January, 29th January, 19th February,  
11th March, 1st April, 22nd April, 13th May.

	MEAT FREE MONDAY	SUGARWISE TUESDAY	WEDNESDAY	SUGARWISE THURSDAY	FRIDAY FAVOURITES
<b>Traditional Main Course</b>	Vegetarian Sausage Roll & Tomato Ketchup with Potato Wedges Garden Peas & Sweetcorn or Baked Beans (v)	British Beef or Veggie Burger in a Bun with Tomato Ketchup Paprika Wedges & Mixed Vegetable Medley	Roast Pork or Roast Quorn Fillet with Roast Potatoes, Seasonal Vegetables & Gravy	Minced Beef or Quorn Hot pot with Crispy Sliced Potato Crust & Mixed Vegetable Medley	Harry Ramsdens Crispy Battered Fish or Vegetable Fingers with Oven Baked Chips Garden Peas & Tomato Ketchup
<b>Pizza &amp; Pasta</b>	Mac 'n' Cheese Bake with Homemade Crusty Bread & Garden Peas (v)	Homemade Calzone Pizza with Rainbow Vegetable Pasta Salad (v)	Pasta Arrabiatta Mild Chilli, Tomato & Sweet Pepper Sauce with Homemade Crusty Bread & Salad Selection (v)	Tomato Pasta Bake with Homemade Crusty Bread & Salad Selection (v)	Homemade Pizza Margherita with Oven Baked Chips & Sweetcorn (v)
<b>Jacket Potato</b>	Oven Baked Jacket Potato with Baked Beans & Freshly Prepared Salad Selection (v)	Oven Baked Jacket Potato with Cheese & Freshly Prepared Salad Selection (v)	Oven Baked Jacket Potato with Tuna Mayo & Freshly Prepared Salad Selection	Oven Baked Jacket Potato with Cheese & Freshly Prepared Salad Selection (v)	Oven Baked Jacket Potato with Baked Beans & Freshly Prepared Salad Selection (v)
<b>Dessert</b>	Marble Sponge & Chocolate Sauce or Fruit Yoghurt with Fruit Selection & Milk	Mini Shortbread Biscuit or Fruit Yoghurt with Fruit Wedges & Milk	Oaty Flapjack or Fruit Yoghurt with Fruit Selection & Milk	Mini Chocolate Shortbread or Fruit Yoghurt with Fruit Wedges & Milk	Fruit Jelly & Vanilla Cream or Fruit Yoghurt with Fruit Selection & Milk

## Week 3

Week commencing  
23rd October, 13th November,  
4th December, 25th December,  
15th January, 5th February,  
26th February, 18th March, 8th April,  
29th April, 20th May.

	MONDAY	SUGARWISE TUESDAY	WEDNESDAY	SUGARWISE THURSDAY	FRIDAY FAVOURITES
<b>Traditional Main Course</b>	Booths Pork & Vegetable Sausages or Vegetarian Sausages & Tomato Ketchup with Paprika Potatoes, Garden Peas & Sweetcorn	Golden Crumb Salmon Fillet Fingers or Vegetable Fingers with Herby Potatoes & Mixed Vegetable Medley	Roast Chicken or Roast Quorn Fillet with Roast Potatoes, Seasonal Vegetables & Gravy	Mild Chilli Beef or Veggie Baked Bean Chilli with Mixed Rice & Broccoli Florets	Golden Crumb Fish Fingers or Vegetable Fingers with Oven Baked Chips Garden Peas & Tomato Ketchup
<b>Pizza &amp; Pasta</b>	Tomato & Mascarpone Pasta with Homemade Crusty Bread & Salad Selection (v)	Cheese & Tomato Whirl with Potato Wedges & Baked Beans (v)	Pasta Neapolitan Italian Tomato & Herb Sauce with Homemade Crusty Bread & Salad Selection (v)	Mac 'n' Cheese Bake with Homemade Crusty Bread & Garden Peas (v)	Homemade Pizza Margherita with Oven Baked Chips & Sweetcorn (v)
<b>Jacket Potato</b>	Oven Baked Jacket Potato with Baked Beans & Freshly Prepared Salad Selection (v)	Oven Baked Jacket Potato with Tuna Mayo & Freshly Prepared Salad Selection	Oven Baked Jacket Potato with Cheese & Freshly Prepared Salad Selection (v)	Oven Baked Jacket Potato with Baked Beans & Freshly Prepared Salad Selection (v)	Oven Baked Jacket Potato with Tuna Mayo & Freshly Prepared Salad Selection
<b>Dessert</b>	Chocolate Crunch & Custard or Fruit Yoghurt with Fruit Selection & Milk	Mini Lemon Cookie or Fruit Yoghurt with Fruit Wedges & Milk	Paris Slice or Fruit Yoghurt with Fruit Selection & Milk	Mini Shortbread Biscuit or Fruit Yoghurt with Fruit Wedges & Milk	Iced Fairy Cake or Fruit Yoghurt with Fruit Selection & Milk

Whilst every effort is made to produce the published menus, please note that they may vary occasionally subject to availability and individual school requirements. All our menus are checked using a recognised programme to analyse nutrition. We also work with Lancashire Healthy Schools and support the Change 4 Life campaign. The result is a menu your child will enjoy and that will prepare them for learning in the afternoon.