

# MENU

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

## Week 1

1

Week commencing

11th November  
2nd December  
23rd December  
13th January  
3rd February  
24th February  
17th March  
7th April

## Week 2

2

Week commencing

28th October  
18th November  
9th December  
30th December  
20th January  
10th February  
3rd March  
24th March  
14th April

## Week 3

3

Week commencing

4th November  
25th November  
16th December  
6th January  
27th January  
17th February  
10th March  
31st March  
21st April

	MONDAY	SUGARWISE TUESDAY	WEDNESDAY	SUGARWISE THURSDAY	FRIDAY FAVOURITES
<b>Traditional Choice</b>	Pork or Vegetarian Meatballs with Mild Chilli & Sweet Pepper Sauce Mixed Rice & Broccoli Florets	Lancashire Butter Pie with Garden Peas & Carrots or Baked Beans (v)	Roast Chicken or Roast Quorn Fillet & Gravy with Roast Potatoes & Seasonal Vegetables	Booths Beef or Vegetarian Burger in a Bun with Paprika Wedges, Sweetcorn & Tomato Ketchup	Golden Crumb Fish Fingers with Oven Baked Chips Garden Peas or Baked Beans
<b>Alternative Choice</b>	Macaroni & Cheese with Homemade Crusty Bread & Salad Selection (v)	Loaded Vegetable Quesadilla with Herby Wedges & Salad Selection (v)	Tomato & Mascarpone Pasta with Homemade Herby Bread & Salad Selection (v)	Pasta Twists & Tomato Sauce with Homemade Dough Balls & Salad Selection (v)	Homemade Pizza Margherita with Oven Baked Chips Garden Peas or Baked Beans (v)
<b>Jacket &amp; Sandwiches</b>	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 Oven Baked Chips Vegetable Sticks & Dips
<b>Dessert</b>	Toffee Bananas & Custard or Fruit Yoghurt ~ Fruit Selection & Milk	Lancashire Cheese & Biscuits or Low Sugar Jelly ~ Fruit Selection & Milk	Raspberry Bun or Fruit Yoghurt ~ Fruit Selection & Milk	Lemon Biscuit & Fruit Wedges or Low Sugar Jelly ~ Fruit Selection & Milk	Cocoa Krispie Cakes ~ Fruit Selection & Milk
	MEAT FREE MONDAY	SUGARWISE TUESDAY	WEDNESDAY	SUGARWISE THURSDAY	FRIDAY FAVOURITES
<b>Traditional Choice</b>	Vegetarian Sausage Roll & Tomato Ketchup with Herby Potatoes & Baked Beans (v)	Crispy Chicken or Vegetable Burger in a Bun with Paprika Wedges Garden Peas & Sweetcorn	Booths Pork or Vegetarian Sausage Toad-in-the-Hole with Roast Potatoes, Seasonal Vegetables & Gravy	Cooks Choice of Chicken or Vegetarian Curry with Mixed Rice & Naan Bread	Harry Ramsden's Crispy Battered Fish with Oven Baked Chips & Mushy Peas
<b>Alternative Choice</b>	Loaded Pizza Pocket with Tortilla Chips Vegetable Sticks & Dips (v)	Pasta Spirals & Tomato Sauce with Homemade Dough Balls & Salad Selection (v)	Oriental Vegetable Noodles with Spring Rolls & Sweet Chilli Sauce (v)	Tomato & Mascarpone Pasta with Homemade Herby Bread & Salad Selection (v)	Homemade Pizza Margherita with Oven Baked Chips Sweetcorn or Baked Beans (v)
<b>Jackets &amp; Sandwiches</b>	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 Sandwiches with Oven Baked Chips Vegetable Sticks & Dips
<b>Dessert</b>	Toffee Traybake & Custard or Fruit Yoghurt ~ Fruit Selection & Milk	Vanilla Biscuit & Fruit Wedges or Low Sugar Jelly ~ Fruit Selection & Milk	Strawberry Mousse or Fruit Yoghurt ~ Fruit Selection & Milk	Lancashire Cheese & Biscuits or Low Sugar Jelly ~ Fruit Selection & Milk	Chocolate Cookie ~ Fruit Selection & Milk
	MONDAY	SUGARWISE TUESDAY	WEDNESDAY	SUGARWISE THURSDAY	FRIDAY FAVOURITES
<b>Traditional Choice</b>	Big Brunch Booths Pork or Quorn Sausages Free Range Omelette Crispy Potatoes & Baked Beans	Savoury Beef or Quorn Mince & Dumplings with Mashed Potatoes & Seasonal Vegetables	Roast Chicken or Roast Quorn Fillet & Gravy with Roast Potatoes & Seasonal Vegetables	Puff Pastry Cheese Whirl with Herby Wedges & Baked Beans (v)	Golden Crumb Fish Fingers with Oven Baked Chips Garden Peas or Baked Beans
<b>Alternative Choice</b>	Golden Crumb Salmon Fillet Fingers with Crispy Potatoes Garden Peas & Sweetcorn	Tomato & Mascarpone Pasta with Homemade Herby Bread & Salad Selection (v)	Vegetable & Chick Pea Curry with Mixed Rice & Naan Bread (v)	Spaghetti Bolognese with Homemade Dough Balls & Salad Selection	Homemade Pizza Margherita with Oven Baked Chips Garden Peas or Baked Beans (v)
<b>Jackets &amp; Sandwiches</b>	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 Oven Baked Chips Vegetable Sticks & Dips
<b>Dessert</b>	Rice Pudding & Fruit Jam or Fruit Yoghurt ~ Fruit Selection & Milk	Lancashire Cheese & Biscuits or Low Sugar Jelly ~ Fruit Selection & Milk	Oaty Flapjack or Fruit Yoghurt ~ Fruit Selection & Milk	Shortbread Biscuit & Fruit Wedges or Low Sugar Jelly ~ Fruit Selection & Milk	Chocolate Cupcake ~ 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.