

# 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 and Organic products throughout the menu. There is always fresh fruit and salad, bread and locally produced yoghurt available daily.

Week 1	Monday		Meat-Free Tuesday		Wednesday		Thursday		Friday Favourites		
	Choice 1	Pork Meat Balls in a Rich Tomato Sauce	Baby New Potatoes & Fine Green Beans	Veggie Brunch with Vegetarian Sausage & Free Range Omelette (v)	Hash Brown & Baked Beans	Roast Pork with Sage & Onion Stuffing & Gravy	Creamy Mashed Potatoes Baton Carrots & Broccoli Florets	Chicken & Vegetable Tikka Curry	Mixed Rice & Naan Bread	Crispy Battered Fillet of Fish	Oven Baked Chunky Chips & Garden or Mushy Peas
	Choice 2	Homemade Cheese & Tomato Pizza (v)	Oven Baked Potato Wedges & Mini Corn on the Cob	Jumbo Fish Finger & Crunchy Salad Tortilla Wrap	Crispy Diced Potatoes & Garden Peas	Organic Pasta in a Neapolitan Sauce (v)	Home Baked Garlic Dough Balls & Crunchy Side Salad	Homemade Cheese & Tomato Pizza (v)	Oven Baked Potato Wedges & Mini Corn on the Cob	Homemade Cheddar Cheese Pastry Whirl (v)	Oven Baked Chunky Chips & Baked Beans
	Choice 3	Baked Jacket Potato with Tuna Mayonnaise	Sweetcorn & Crunchy Side Salad	Baked Jacket Potato with Cheddar Cheese (v)	Baked Beans & Crunchy Side Salad	Baked Jacket Potato with Tuna Mayonnaise	Sweetcorn & Crunchy Side Salad	Baked Jacket Potato with Baked Beans (v)	Mini Corn on the Cob & Crunchy Side Salad	Lancashire Beef Burger in a Bun with Tomato Ketchup	Oven Baked Chunky Chips & Garden Peas
	Desserts	Chocolate Mandarin Sponge & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Gluten Free Cook's Choice of Cookie & Fresh Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cheese & Crackers with Apple Wedges	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Lemon Sponge & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Shortbread Biscuit & Chocolate Milkshake	Fresh Fruit Bar Fruit Yoghurt Cool Milk

Week 2	Monday		Meat-Free Tuesday		Wednesday		Thursday		Friday Favourites		
	Choice 1	Pork Sausages & Onion Gravy	Creamy Mashed Potatoes & Garden Peas	Homemade Sweet Potato & Chick Pea Curry (v)	Mixed Rice & Naan Bread	Roast Chicken with Sage & Onion Stuffing & Gravy	Roasted Potatoes Baton Carrots & Winter Cabbage	Homemade Mince Beef Hot-Pot with a Baked Sliced Potato Topping	Broccoli Florets & Sliced Beetroot	Crispy Tempura Battered Fish Goujons	Oven Baked Chunky Chips & Garden or Mushy Peas
	Choice 2	Organic Pasta in a Tomato & Mascarpone Sauce (v)	Home Baked Garlic Dough Balls & Crunchy Side Salad	Homemade Cheese & Tomato Pizza (v)	Oven Baked Potato Wedges & Mini Corn on the Cob	Quom Meatball & Vegetable Casserole with Herby Dumplings (v)	Winter Cabbage & Homemade Crusty Bread	Homemade Cheese & Tomato Pizza (v)	Crispy Diced Potatoes & Mini Corn on the Cob	Homemade Cheese, Onion & Potato Pie (v)	Garden Peas & Sliced Beetroot
	Choice 3	Baked Jacket Potato with Cheddar Cheese (v)	Baked Beans & Crunchy Side Salad	Baked Jacket Potato with Tuna Mayonnaise	Sweetcorn & Crunchy Side Salad	Baked Jacket Potato with Cheddar Cheese (v)	Baked Beans & Crunchy Side Salad	Baked Jacket Potato with Tuna Mayonnaise	Sweetcorn & Crunchy Side Salad	BBQ Chicken Fillet in a Bun with Mayonnaise	Oven Baked Chunky Chips & Mini Corn on the Cob
	Desserts	Toffee Apple Crumble & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Gluten Free Cook's Choice of Muffin & Fresh Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Homemade Raspberry Bun	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Vanilla Sponge & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Chocolate Ice Cream Roll & Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk

Week 3	Monday		Meat-Free Tuesday		Wednesday		Thursday		Friday Favourites		
	Choice 1	Crispy Chicken Goujon & Crunchy Salad Tortilla Wrap	Oven Baked Potato Wedges & Mini Corn on the Cob	Crispy Bubble Coated Salmon Fillet	Baby New Potatoes & Seasonal Vegetables	Roast Beef with Yorkshire Pudding & Gravy	Creamy Mashed Potatoes Carrot Batons & Broccoli Florets	Homemade Chicken & Seasonal Vegetable Pie	Crispy Diced Potatoes Fine Green Beans & Garden Peas	Golden Crumb Breaded Omega 3 Fish Fingers	Oven Baked Chunky Chips & Garden or Mushy Peas
	Choice 2	Free Range Omelette with Cheese & Tomato (v)	Oven Baked Potato Wedges & Baked Beans	Homemade Cheese & Tomato Pizza (v)	Crispy Diced Potatoes & Mini Corn on the Cob	Organic Pasta in a Sweet Pepper & Tomato Sauce (v)	Home Baked Garlic Dough Balls & Crunchy Side Salad	Homemade Vegetable Balti Curry (v)	Mixed Rice & Naan Bread	Lancashire Pork Sausage in a Finger Roll with Tomato Ketchup	Oven Baked Chunky Chips & Baked Beans
	Choice 3	Baked Jacket Potato with Tuna Mayonnaise	Sweetcorn & Crunchy Side Salad	Baked Jacket Potato with Baked Beans (v)	Mini Corn on the Cob & Crunchy Side Salad	Hot Cheddar Cheese & Tomato Panini (v)	Tortilla Chips & Crunchy Side Salad	Baked Jacket Potato with Tuna Mayonnaise	Sweetcorn & Crunchy Side Salad	Baked Jacket Potato with Cheddar Cheese (v)	Baked Beans & Crunchy Side Salad
	Desserts	Creamy Rice Pudding	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Jam Sponge & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Gluten Free Cook's Choice of Cookie & Fresh Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Gluten Free Lemon Muffin	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Ice Cream Tub & Fresh Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk

Weekly Menu Cycle

Week 1  
Week 2  
Week 3

Oct/Nov

22	23	24	25	26
29	30	31	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23

Nov/Dec

26	27	28	29	30
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

Dec/Jan

31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	1

Feb/Mar

4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	1
4	5	6	7	8

Mar/Apr

11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
1	2	3	4	5
8	9	10	11	12

Apr/May

15	16	17	18	19
22	23	24	25	26
29	30	1	2	3
6	7	8	9	10
13	14	15	16	17

May/June

20	21	22	23	24
27	28	29	30	31
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21

June/July

24	25	26	27	28
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

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.