

Menu

Serving fantastic lunches everyday

All menus are planned to comply with the standards for school food and all new dishes are tested by children. By popular demand, the menu for this spring and summer also features two roast lunches each week. There's always fresh fruit and salad, homemade bread and locally produced fruit yoghurt available daily and where schools require one, a filled baked potato or a range of hot sandwiches, wraps or paninis.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday Favourites
Hot Heroes Choice 1	Pork Sausages or Quorn Sausages & Onion Gravy Creamed Potatoes Spring Cabbage	SPAGHETTI BOLOGNESE Roast Potatoes Cauliflower & Green Beans	Homemade Chicken Pie New Potatoes Broccoli	Roast Chicken with Sage & Onion Stuffing & Gravy Creamed Potatoes Fresh Carrots & Savoy Cabbage	Harry Ramsden's Chip Shop Fish Fillet Chunky Chips or New Potatoes Mushy Peas
Hot Heroes Choice 2	Tomato & Mascarpone Pasta (v) Freshly Baked Garlic Bread Salad Bar	Quorn Meatball Sub Roll (v) Vegetable Sticks Salad Bar	Salmon Fish Fingers Baked Potato Wedges Baked Beans	TUNA or PASTA Bake (v) Sweet Potato Wedges Green Salad	Pizza Margherita (v) Chunky Chips or New Potatoes Garden Peas
Just Desserts	Sticky Toffee Pudding & Ice Cream Fresh Fruit Bar Fruit Yoghurt Cool Milk	Shortbread Biscuit Fresh Fruit Bar Fruit Yoghurt Cool Milk	Ice Cream and Peaches Fresh Fruit Bar Fruit Yoghurt Cool Milk	Banana Muffin Fresh Fruit Bar Fruit Yoghurt Cool Milk	Chocolate Cookie & Milkshake Fresh Fruit Bar Fruit Yoghurt Cool Milk

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday Favourites
Hot Heroes Choice 1	Sausage Roll (Meat Free) (v) Baked Potato Wedges Sweetcorn	Roast Turkey with Sage & Onion Stuffing & Gravy Creamed Potatoes Carrot & Swede Garden Peas	Chicken KORMA Vegetable Rice	SRUSAGE BRUNCH New Potatoes Fresh Carrots & Broccoli	Omega 3 Fish Fingers or Vegetable Nuggets Chunky Chips or New Potatoes Sweetcorn
Hot Heroes Choice 2	Vegetarian Brunch (v) Hash Brown Baked Beans	HOT FILLED PANINI Corn on the Cob Salad Bar	PIZZA Jewelled Cous Cous Salad Bar	Butter Pie With Cheese (v) Broccoli Sliced Beetroot	Lancashire Beef Burger in a Bun with Tomato Ketchup Chunky Chips Side Salad
Just Desserts	Mandarin Sponge & Custard Fresh Fruit Bar Fruit Yoghurt Cool Milk	Lemon Drizzle Cake Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cheese & Biscuits Fresh Fruit Fresh Fruit Bar Fruit Yoghurt Cool Milk	Chocolate & Orange Cookie Fresh Fruit Bar Fruit Yoghurt Cool Milk	CoCo Krispie Cake Fresh Fruit Bar Fruit Yoghurt Cool Milk

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday Favourites
Hot Heroes Choice 1	Pork Meatballs in Onion Gravy Creamed Potatoes Sweetcorn	Topside of Beef Yorkshire Pudding & Gravy Roast Potatoes Roasted Parsnips & Broccoli	Cottage Pie Garden Peas Sliced Beetroot	CHICKEN RE Creamed Potatoes Baton Carrots & Green Beans	Crispy Fish Goujons Chunky Chips or New Potatoes Garden Peas
Hot Heroes Choice 2	QUICHE Mixed Rice Side Salad	Cheese Whirl (v) Creamed Potatoes Green Beans	Quorn Vegetable Paella (v) Homemade Bread Side Salad	Spaghetti Neopolitan (v) Homemade Bread Salad Bar	Pizza Margherita (v) Chunky Chips or New Potatoes Salad Bar
Just Desserts	Chelsea Bun Fresh Fruit Bar Fruit Yoghurt Cool Milk	Chocolate Mandarin Muffin Fresh Fruit Bar Fruit Yoghurt Cool Milk	Raspberry Sponge Vanilla Sauce Fresh Fruit Bar Fruit Yoghurt Cool Milk	Fruit Jelly Ice Cream Fresh Fruit Bar Fruit Yoghurt Cool Milk	Summer Dessert Selection Fresh Fruit Bar Fruit Yoghurt Cool Milk

Weekly Menu Cycle

Mar/Apr

21	22	23	24	25
28	29	30	31	1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22

Apr/May

2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

Jun

30	31	1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	1

Jul/Aug

4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
1	2	3	4	5

Aug/Sept

8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31	1	2
5	6	7	8	9

Sept/Oct

12	13	14	15	16
19	20	21	22	23
26	27	28	29	30
3	4	5	6	7
10	11	12	13	14

Oct/Nov

17	18	19	20	21
24	25	26	27	28
31	1	2	3	4
7	8	9	10	11
14	15	16	17	18

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.