

# 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 Week commencing 17th October, 7th & 28th November, 19th December, 9th & 30th January, 20th February, 13th March, 3rd & 24th April, 15th May.		Monday		Sugarwise Tuesday		Sugarwise Wednesday		Sugarwise Thursday		Friday Favourites	
	<b>Choice 1</b>	Quorn Pasta Bolognaise (v)	Homemade Crusty Bread & Broccoli Florets	Pork or Veggie Sausages & Onion Gravy	Creamed Potatoes Garden Peas & Carrot Batons	Roast Chicken Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Traditional Cottage Pie	Mixed Vegetable Medley	Golden Crumb Omega 3 Fish Fingers	Oven Baked Chips or New Potatoes Garden Peas & Sweetcorn
	<b>Choice 2</b>	Lancashire Cheese & Potato Pie (v)	Reduced Salt & Sugar Baked Beans	Loaded Veggie Stand & Stuff Taco (v)	Oven Baked Wedges & Salad Selection	Homemade Vegetable Curry (v)	Mixed Rice & Naan Bread	Tomato & Sweet Pepper Pasta (v)	Homemade Crusty Bread & Salad Selection	Homemade Pizza Margherita (v)	Oven Baked Chips or Pasta Salad Veggie Sticks & Dips
	<b>Choice 3</b>	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Homemade Cheese & Tomato Calzone (v)	Tortilla Chips Veggie Sticks & Dips	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Selection of filled Sandwich Rolls	Oven Baked Chips Veggie Sticks & Dips
	<b>Desserts</b>	Syrup Sponge & Custard	Fruit Selection & Organic Milk	Fresh Fruit Medley & Vanilla Cream	Fruit Selection & Organic Milk	Selection of Fruit Yoghurt	Fruit Selection & Organic Milk	Mini Shortbread Biscuit & Melon Wedges	Fruit Selection & Organic Milk	Homemade Chocolate Cookie	Fruit Selection & Organic Milk
Week 2 Week Commencing 24th October, 14th November, 5th & 26th December, 16th January, 6th & 27th February, 20th March, 10th April, 1st May.		Meat-Free Monday		Sugarwise Tuesday		Sugarwise Wednesday		Sugarwise Thursday		Friday Favourites	
	<b>Choice 1</b>	Vegetarian Sausage Roll (v)	Oven Baked Wedges Garden Peas & Sweetcorn	Beef & Pork Meatballs & Tomato Sauce	Penne Pasta & Broccoli Florets	Roast Pork Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Chicken & Sweet Potato Curry	Mixed Rice & Naan Bread	Crispy Battered Fish	Oven Baked Chips or New Potatoes & Garden Peas
	<b>Choice 2</b>	Tomato & Mascarpone Pasta (v)	Homemade Crusty Bread & Salad Selection	Golden Crumb Vegetable Fingers (v)	Paprika Potatoes & Mixed Vegetable Medley	Pasta Arrabbiata (v)	Homemade Crusty Bread & Salad Selection	Puff Pastry Cheese Whirl (v)	Herby Potatoes & Reduced Sugar Baked Beans	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	<b>Choice 3</b>	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Cheese Panini Melt (v)	Tortilla Chips Veggie Sticks & Dips	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Selection of filled Sandwich Rolls	Oven Baked Chips Veggie Sticks & Dips
	<b>Desserts</b>	Creamy Rice Pudding & Fruit Jam	Fruit Selection & Organic Milk	Strawberry Ice Cream Sponge Roll	Fruit Selection & Organic Milk	Fresh Fruit Medley & Vanilla Cream	Fruit Selection & Organic Milk	Selection of Fruit Yoghurt	Fruit Selection & Organic Milk	Homemade Chocolate Brownie	Fruit Selection & Organic Milk
Week 3 Week commencing 31st October, 21st November, 12th December, 2nd & 23rd January, 13th February, 6th & 27th March, 17th April, 8th May.		Monday		Sugarwise Tuesday		Sugarwise Wednesday		Sugarwise Thursday		Friday Favourites	
	<b>Choice 1</b>	Crispy Bubble Coated Salmon	Paprika Potatoes & Mixed Vegetable Medley	Homemade Meat & Potato Pie	Garden Peas Sliced Beetroot & Gravy	Roast Chicken Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	British Beef Burger in a Bun	Oven Baked Wedges Veggie Sticks & Dips	Golden Crumb Omega 3 Fish Fingers	Oven Baked Chips or New Potatoes Garden Peas & Sweetcorn
	<b>Choice 2</b>	Plant-Based Meatballs (v)	Creamed Potatoes & Reduced Sugar Baked Beans	Pasta Neapolitan (v)	Homemade Crusty Bread & Salad Selection	Quorn Tikka Curry (v)	Mixed Rice & Naan Bread	Homemade Macaroni & Cheese Bake (v)	Homemade Crusty Bread & Broccoli Florets	Homemade Pizza Margherita (v)	Oven Baked Chips or Pasta Salad Veggie Sticks & Dips
	<b>Choice 3</b>	Cheese & Tomato French Bread Pizza (v)	Tortilla Chips Veggie Sticks & Dips	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Selection of filled Sandwich Rolls	Oven Baked Chips Veggie Sticks & Dips
	<b>Desserts</b>	Vanilla Sponge & Chocolate Sauce	Fruit Selection & Organic Milk	Selection of Fruit Yoghurt	Fruit Selection & Organic Milk	Mini Shortbread Biscuit & Melon Wedges	Fruit Selection & Organic Milk	Fresh Fruit Medley & Vanilla Cream	Fruit Selection & Organic Milk	Gluten-Free Chocolate Muffin	Fruit Selection & Organic 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.