



Contact your Area Education
Office on: 0300 123 6701

Special diets and allergies

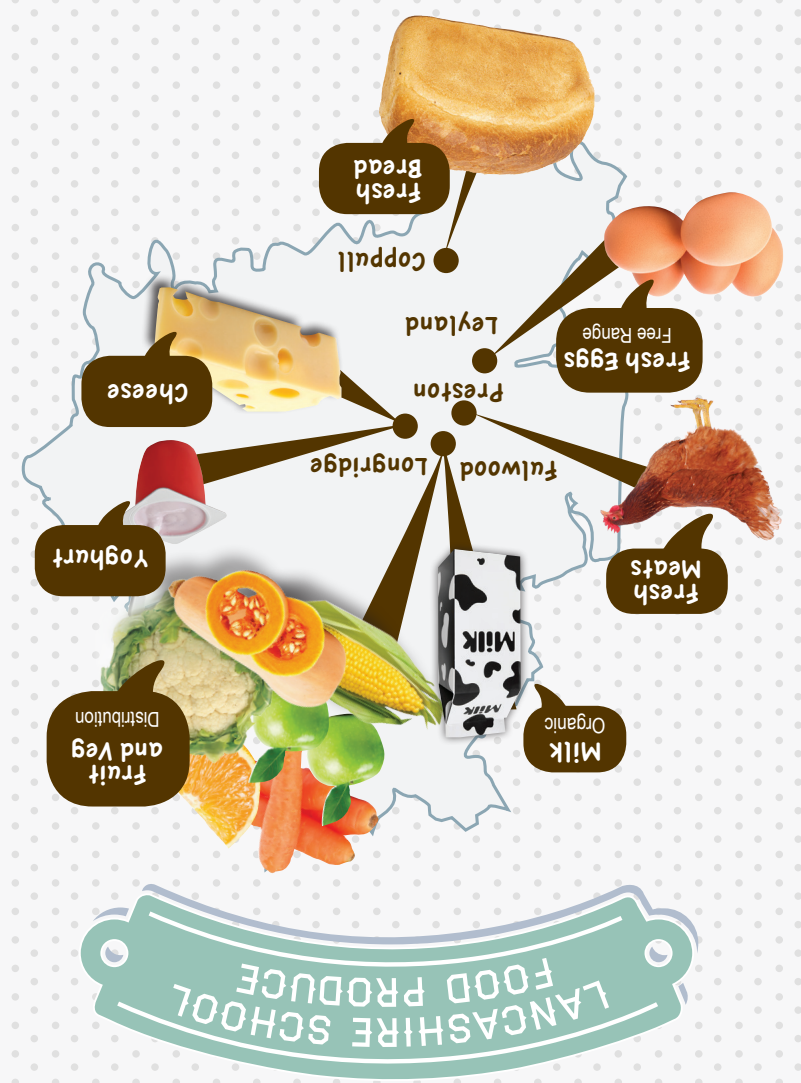
Special diets are diets for pupils with a medically diagnosed requirement; not just a dislike of certain foods or food groups. It is our policy to provide a service for those pupils with medically diagnosed food allergies, food intolerances or a medical condition which affects eating requirements. Please contact your school office in the first instance to inform them of your child's requirements.

For further information regarding allergens and special diets, please visit www.lancashire.gov.uk/catering

Free school meals for all children in reception, year 1 and 2

All children in reception and years one and two are entitled to free meals as part of the Government's new Universal Infant Free School Meal. This is worth up to £4.18 per year per child - please talk to your child's school for more details.

Plus if you receive certain benefits, or have a household income below the Government threshold, register your entitlement with your area education office. Your child's school can receive extra funding called the 'Pupil Premium' which is sometimes worth £1,320 per pupil to the school. Can I claim free school meals for my older children? Yes you can, if you are on certain benefits. Just ring your local Area Education Office with details of your name, date of birth and National Insurance number and they will let you know if you are eligible.



We buy local produce to support local businesses and reduce food miles.

100% of our food suppliers are classed as local and 75% of our food purchases are produced in the UK. Our service recognises the value and importance of sustainable and responsible food sourcing.

Our aim is to positively influence the diet of our children and young people, and always consider where the food we put on the plates comes from and how it was produced.



Be part of our team

Lancashire Catering Service is always looking to recruit people to take up catering assistant and supervisor roles.

As a valued member of the team we offer a full training and induction programme, a term time contract which may fit in with family commitments, a salary which includes 35 days holiday, bank holiday and statutory day pay (pro rata) and entry into the local government pension scheme.

For up to date information on current job opportunities please go to jobs.lancashire.gov.uk and select 'Cook / Catering Assistant' under all jobs.

LCS have just launched a brand new website where you will find up to date information including our latest menus, promotional theme days and news.

Visit www.lancashire.gov.uk/catering



AUTUMN WINTER 2019

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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	Tuesday	Wednesday	Thursday	Friday Favourites	
	Choice 1	BBQ Chicken Flat Bread Baked Potato Wedges & Sweetcorn	Pork or Vegetarian Sausages & Onion Gravy Creamed Potatoes Green Beans & Carrots	Roast Beef Yorkshire Pudding & Gravy Roast Potatoes Seasonal Cabbage & Carrots	Homemade Chicken Curry Mixed Rice & Naan Bread	Golden Crumb Omega 3 Fish Fingers Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Homemade Macaroni Cheese Bake (v) Homemade Garlic Bread & Broccoli Florets	Crispy Bubble Coated Salmon Fillet Crispy Paprika Potatoes Green Beans & Carrots	Homemade Pasta Neapolitan (v) Homemade Garlic Dough Balls	Puff Pastry Cheese Whirl (v) Baby Baked Potatoes & Baked Beans	Homemade Margherita Pizza (v) Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Baked Jacket Potato with a Choice of Filling Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling Freshly Prepared Salad Selection	Cheddar Cheese Panini Melt (v) Tortilla Chips & Salad Sticks	Baked Jacket Potato with a Choice of Filling Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling Freshly Prepared Salad Selection
Desserts	Apple & Banana Flapjack Fruit Yoghurt Fruit Selection Organic Milk	Marble Sponge & Chocolate Sauce Fruit Yoghurt Fruit Selection Organic Milk	Fruity Jelly & Ice Cream Fruit Yoghurt Fruit Selection Organic Milk	Jam Slice & Custard Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Cookie & Milkshake Fruit Yoghurt Fruit Selection Organic Milk	

Week 2	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday Favourites	
	Choice 1	Vegetarian Brunch (v) Hash Brown & Baked Beans	Homemade Corned Beef Hash Hot Pot Seasonal Cabbage & Sliced Beetroot	Roast Chicken Stuffing & Gravy Baby Baked Potatoes Broccoli Florets & Carrots	Beef Burger in a Bun with Tomato Ketchup Herby Diced Potatoes & Baked Beans	Crispy Battered Fillet of Fish Oven Baked Chips or New Potatoes & Mushy Peas
	Choice 2	Tomato & Mascarpone Pasta (v) Homemade Garlic Dough Balls	Homemade Vegetable Korma Curry (v) Mixed Rice & Naan Bread	Vegetarian Sausage Roll (v) Baby Baked Potatoes & Baked Beans	Homemade Lancashire Cheese Frittata (v) Homemade Crusty Bread & Garden Peas	Homemade Margherita Pizza (v) Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Baked Jacket Potato with a Choice of Filling Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling Freshly Prepared Salad Selection	Cheddar Cheese & Tuna Panini Melt Tortilla Chips & Salad Sticks	Baked Jacket Potato with a Choice of Filling Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling Freshly Prepared Salad Selection
Desserts	Shortbread Biscuit & Melon Wedges Fruit Yoghurt Fruit Selection Organic Milk	Apple Crunch Tart & Custard Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Mousse & Mandarins Fruit Yoghurt Fruit Selection Organic Milk	Vanilla Sponge & Custard Fruit Yoghurt Fruit Selection Organic Milk	Strawberry Ice Cream Sponge Roll Fruit Yoghurt Fruit Selection Organic Milk	

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday Favourites	
	Choice 1	Pork Meatballs Tomato Sauce & Pasta Homemade Garlic Bread & Broccoli Florets	Jumbo Fish Finger Wrap Crispy Paprika Potatoes & Garden Peas	Roast Pork Stuffing & Gravy Roast Potatoes Seasonal Cabbage & Carrots	Homemade Cottage Pie Broccoli Florets & Carrots	Lightly Crumbed Fish Bites Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Homemade Cheese Pie (v) Sliced Beetroot & Broccoli Florets	Homemade Baked Bean Chilli Enchilada (v) Crispy Paprika Potatoes & Mixed Salad	Quorn Tikka Masala Curry (v) Mixed Rice & Naan Bread	Homemade Pasta Arrabiata (v) Homemade Garlic Dough Balls	Homemade Margherita Pizza (v) Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Baked Jacket Potato with a Choice of Filling Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling Freshly Prepared Salad Selection	Cheddar Cheese Panini Melt (v) Tortilla Chips & Salad Sticks	Baked Jacket Potato with a Choice of Filling Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling Freshly Prepared Salad Selection
Desserts	Creamy Rice Pudding & Mixed Berries Fruit Yoghurt Fruit Selection Organic Milk	Syrup Sponge & Custard Fruit Yoghurt Fruit Selection Organic Milk	Oat & Raisin Cookie Fruit Yoghurt Fruit Selection Organic Milk	Lancashire Cheese & Crackers with Grapes Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Brownie & Orange Wedges Fruit Yoghurt Fruit Selection Organic Milk	

Weekly Menu Cycle	Week 1	Mon: 21, Tue: 22, Wed: 23, Thur: 24, Fri: 25	Week 2	Mon: 25, Tue: 26, Wed: 27, Thur: 28, Fri: 29	Week 3	Mon: 30, Tue: 31, Wed: 1, Thur: 2, Fri: 3	Week 4	Mon: 3, Tue: 4, Wed: 5, Thur: 6, Fri: 7	Week 5	Mon: 9, Tue: 10, Wed: 11, Thur: 12, Fri: 13	Week 6	Mon: 16, Tue: 17, Wed: 18, Thur: 19, Fri: 20	Week 7	Mon: 23, Tue: 24, Wed: 25, Thur: 26, Fri: 27	Week 8	Mon: 30, Tue: 31, Wed: 1, Thur: 2, Fri: 3	Week 9	Mon: 6, Tue: 7, Wed: 8, Thur: 9, Fri: 10	Week 10	Mon: 13, Tue: 14, Wed: 15, Thur: 16, Fri: 17	Week 11	Mon: 20, Tue: 21, Wed: 22, Thur: 23, Fri: 24	Week 12	Mon: 27, Tue: 28, Wed: 29, Thur: 30, Fri: 1	Week 13	Mon: 4, Tue: 5, Wed: 6, Thur: 7, Fri: 8	Week 14	Mon: 11, Tue: 12, Wed: 13, Thur: 14, Fri: 15	Week 15	Mon: 18, Tue: 19, Wed: 20, Thur: 21, Fri: 22	Week 16	Mon: 25, Tue: 26, Wed: 27, Thur: 28, Fri: 29	Week 17	Mon: 1, Tue: 2, Wed: 3, Thur: 4, Fri: 5	Week 18	Mon: 8, Tue: 9, Wed: 10, Thur: 11, Fri: 12	Week 19	Mon: 15, Tue: 16, Wed: 17, Thur: 18, Fri: 19	Week 20	Mon: 22, Tue: 23, Wed: 24, Thur: 25, Fri: 26	Week 21	Mon: 29, Tue: 30, Wed: 1, Thur: 2, Fri: 3	Week 22	Mon: 6, Tue: 7, Wed: 8, Thur: 9, Fri: 10	Week 23	Mon: 13, Tue: 14, Wed: 15, Thur: 16, Fri: 17	Week 24	Mon: 20, Tue: 21, Wed: 22, Thur: 23, Fri: 24
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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.