

# 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	Roast Beef Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrots
Choice 2	Homemade Macaroni Cheese Bake (v)	Homemade Garlic Bread & Broccoli Florets	Crispy Bubble Coated Salmon Fillet	Homemade Pasta Neapolitan (v)	Homemade Garlic Dough Balls
Choice 3	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Cheddar Cheese Panini Melt (v)	Tortilla Chips & Salad Sticks
Desserts	Apple & Banana Flapjack	Fruit Yoghurt Fruit Selection Organic Milk	Marble Sponge & Chocolate Sauce	Fruity Jelly & Ice Cream	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	Roast Chicken Stuffing & Gravy	Beef Burger in a Bun with Tomato Ketchup	Herby Diced Potatoes & Baked Beans
Choice 2	Tomato & Mascarpone Pasta (v)	Homemade Garlic Dough Balls	Vegetarian Sausage Roll (v)	Homemade Lancashire Cheese Frittata (v)	Homemade Crusty Bread & Garden Peas
Choice 3	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Cheddar Cheese & Tuna Panini Melt	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	Chocolate Mousse & Mandarins	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	Roast Pork Stuffing & Gravy	Homemade Cottage Pie	Broccoli Florets & Carrots
Choice 2	Homemade Cheese Pie (v)	Sliced Beetroot & Broccoli Florets	Quorn Tikka Masala Curry (v)	Homemade Pasta Arrabiata (v)	Homemade Garlic Dough Balls
Choice 3	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Cheddar Cheese Panini Melt (v)	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection
Desserts	Creamy Rice Pudding & Mixed Berries	Fruit Yoghurt Fruit Selection Organic Milk	Oat & Raisin Cookie	Lancashire Cheese & Crackers with Grapes	Fruit Yoghurt Fruit Selection Organic Milk

Weekly Menu Cycle

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

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.