

# 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.

<div>Week 1</div> <div>Week commencing 2nd &amp; 23rd November, 14th December, 4th &amp; 25th January, 15th February, 8th &amp; 29th March.</div>	Monday		Tuesday		Wednesday		Thursday		Friday Favourites		
	Choice 1	Pork or Veggie Sausages & Onion Gravy	Mashed Potatoes Broccoli Florets & Carrot Batons	Veggie Meatball & Spaghetti Marinara (v)	Homemade Garlic Bread & Salad Selection	Roast Beef Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Chinese Style Chicken Curry	Mixed Savoury Vegetable Rice	Golden Crumb Omega 3 Fish Fingers	Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Vegetable Korma Curry (v)	Mixed Rice & Naan Bread	Lancashire Cheese & Potato Pie (v)	Garden Peas & Sliced Beetroot	Mixed Vegetable Omelette (v)	Potato Wedges & Baked Beans	Cheesy Bean & Potato Bake (v)	Broccoli Florets & Carrot Batons	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Crispy Fish Fillet Salad & Mayo Flatbread	Paprika Potatoes Garden Peas & Sweetcorn	Cheese & Tomato French Bread Pizza (v)	Potato Wedges & 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
	Desserts	Apple Sponge & Custard	Fruit Yoghurt Fruit Selection Organic Milk	Strawberry Jelly & Fresh Fruit	Fruit Yoghurt Fruit Selection Organic Milk	Shortbread Biscuit & Melon Wedges	Fruit Yoghurt Fruit Selection Organic Milk	Lancashire Cheese & Crackers with Grapes	Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Cookie & Milkshake	Fruit Yoghurt Fruit Selection Organic Milk

<div>Week 2</div> <div>Week Commencing 9th &amp; 30th November, 21st December, 11th January, 1st &amp; 22nd February, 15th March, 5th April.</div>	Meat-Free Monday		Tuesday		Wednesday		Thursday		Friday Favourites		
	Choice 1	Vegetarian Brunch (v)	Hash Brown & Baked Beans	Traditional Cottage Pie	Seasonal Cabbage & Sliced Beetroot	Roast Chicken Sage & Onion Stuffing & Gravy	Baby Potatoes Broccoli Florets & Carrot Batons	British Beef Burger & Tomato Ketchup	Potato Wedges Garden Peas & Sweetcorn	Crispy Battered Fish	Oven Baked Chips or New Potatoes & Mushy Peas
	Choice 2	Cheddar Cheese & Onion Slice (v)	Paprika Potatoes & Broccoli Florets	Tomato & Mascarpone Pasta (v)	Homemade Garlic Dough Balls & Salad Selection	Quorn Tikka Masala Curry (v)	Mixed Rice & Naan Bread	Spaghetti Neapolitan (v)	Homemade Garlic Bread & Salad Selection	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Salad Selection
	Choice 3	Crispy Quorn Salad & Mayo Wrap (v)	Paprika Potatoes & Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Tuna & Cheese Panini Melt	Baby Potatoes & Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Vegetarian Sausage Roll & Tomato Ketchup (v)	Oven Baked Chips or New Potatoes & Baked Beans
	Desserts	Seasonal Fruit Crumble & Custard	Fruit Yoghurt Fruit Selection Organic Milk	Lancashire Cheese & Crackers with Grapes	Fruit Yoghurt Fruit Selection Organic Milk	Fresh Fruit Medley & Vanilla Cream	Fruit Yoghurt Fruit Selection Organic Milk	Strawberry Jelly & Fresh Fruit	Fruit Yoghurt Fruit Selection Organic Milk	Ice Cream Sponge Roll	Fruit Yoghurt Fruit Selection Organic Milk

<div>Week 3</div> <div>Week commencing 16th November, 7th &amp; 28th December, 18th January, 8th February, 1st &amp; 22nd March, 12th April.</div>	Monday		Tuesday		Wednesday		Thursday		Friday Favourites		
	Choice 1	Homemade Pasta Bolognaise	Homemade Garlic Dough Balls & Salad Selection	Cod & Salmon Fishcake	Herby Potatoes & Mixed Vegetable Medley	Roast Pork Sage & Onion Stuffing & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Creamy Chicken Tikka Curry	Mixed Rice & Naan Bread	Chunky Fish Finger Salad & Mayo Wrap	Oven Baked Chips or New Potatoes & Garden Peas
	Choice 2	Veggie Meatballs & Gravy (v)	Mashed Potatoes Broccoli Florets & Carrot Batons	Veggie Baked Bean Chilli (v)	Mixed Rice & Tortilla Chips	Penne Pasta Arrabbiata (v)	Homemade Garlic Bread & Salad Selection	Puff Pastry Cheese Whirl (v)	Baby Potatoes & Baked Beans	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn
	Choice 3	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection,	Sweet Pepper French Bread Pizza (v)	Herby Potatoes & Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Vegetarian Hotdog & Tomato Ketchup (v)	Baby Potatoes & Broccoli Florets	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection
	Desserts	Marble Sponge & Custard	Fruit Yoghurt Fruit Selection Organic Milk	Homemade Jam & Cream Split	Fruit Yoghurt Fruit Selection Organic Milk	Fruity Pancake & Vanilla Cream	Fruit Yoghurt Fruit Selection Organic Milk	Lancashire Cheese & Crackers with Grapes	Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Cupcake & Orange Wedges	Fruit Yoghurt 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.