

# 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

24th April, 15th May, 5th and 26th June, 17th July, 7th and 28th August, 18th September, 9th and 30th October, 20th November.

|          | Monday                        |                                         | Sugarwise Tuesday                            |                                          | Sugarwise Wednesday                           |                                                 | Sugarwise Thursday                           |                                         | Friday Favourites                           |                                                    |
|----------|-------------------------------|-----------------------------------------|----------------------------------------------|------------------------------------------|-----------------------------------------------|-------------------------------------------------|----------------------------------------------|-----------------------------------------|---------------------------------------------|----------------------------------------------------|
| Choice 1 | Crispy Salmon Fillet Fingers  | Herby Potatoes & Mixed Vegetable Medley | Booths Meatball Marinara Sub Roll            | Paprika Potatoes Garden Peas & Sweetcorn | Roast Beef Yorkshire Pudding & Gravy          | Roast Potatoes Seasonal Cabbage & Carrot Batons | Homemade Chicken or Quorn Curry              | Mixed Rice & Naan Bread                 | Crispy Golden Crumb Fish Fingers            | Oven Baked Chips or New Potatoes & Garden Peas     |
| Choice 2 | Filled Free Range Omelette    | Herby Potatoes & Baked Beans            | Baked Jacket Potato with a Choice of Filling | Freshly Prepared Salad Selection         | Cooks Choice of French Bread Pizza            | Potato Wedges Vegetable Sticks & Dips           | Baked Jacket Potato with a Choice of Filling | Freshly Prepared Salad Selection        | Homemade Pizza Margherita (v)               | Oven Baked Chips or Pasta Salad & Sweetcorn        |
| Choice 3 | Tomato & Mascarpone Pasta (v) | Homemade Crusty Bread & Salad Selection | Creamy Veggie & Cheese Pasta (v)             | Homemade Crusty Bread & Salad Selection  | Pasta Neapolitan (v)                          | Homemade Crusty Bread & Salad Selection         | Cheese & Tomato Pasta Bake (v)               | Homemade Crusty Bread & Salad Selection | Selection of filled Wraps or Sandwich Rolls | Oven Baked Chips or New Potatoes & Salad Selection |
| Desserts | Vanilla Sponge & Custard      | Fruit Selection & Organic Milk          | Shortbread Biscuit & Melon Wedges            | Fruit Selection & Organic Milk           | Lancashire Cheese & Biscuits or Fruit Yoghurt | Fruit Selection & Organic Milk                  | Fruity Oat Cookie                            | Fruit Selection & Organic Milk          | Chocolate Muffin                            | Fruit Selection & Organic Milk                     |

## Week 2

Week Commencing

1st and 22nd May, 12th June, 3rd and 24th July, 14th August, 4th and 25th September, 16th October, 6th November.

|          | Meat Free Monday                                 |                                          | Sugarwise Tuesday                |                                           | Sugarwise Wednesday                          |                                                 | Sugarwise Thursday           |                                         | Friday Favourites                           |                                                    |
|----------|--------------------------------------------------|------------------------------------------|----------------------------------|-------------------------------------------|----------------------------------------------|-------------------------------------------------|------------------------------|-----------------------------------------|---------------------------------------------|----------------------------------------------------|
| Choice 1 | Vegetarian Sausage Roll & Tomato Sauce (v)       | Paprika Potatoes Garden Peas & Sweetcorn | Booths Pork & Vegetable Sausages | Creamed Potatoes & Mixed Vegetable Medley | Roast Chicken Yorkshire Pudding & Gravy      | Roast Potatoes Seasonal Cabbage & Carrot Batons | Mild Chilli Beef Tacos       | Mixed Rice & Broccoli Florets           | Harry Ramsden's Crispy Battered Fish Fillet | Oven Baked Chips or New Potatoes & Garden Peas     |
| Choice 2 | Baked Jacket Potato with a Choice of Filling (v) | Freshly Prepared Salad Selection         | Cooks Choice of Toasted Panini   | Potato Wedges Vegetable Sticks & Dips     | Baked Jacket Potato with a Choice of Filling | Freshly Prepared Salad Selection                | Puff Pastry Cheese Whirl (v) | Herby Potatoes & Baked Beans            | Homemade Pizza Margherita (v)               | Oven Baked Chips or New Potatoes & Sweetcorn       |
| Choice 3 | Cheese & Tomato Pasta Bake (v)                   | Homemade Crusty Bread & Salad Selection  | Pasta Arrabbiata (v)             | Homemade Crusty Bread & Salad Selection   | Creamy Macaroni & Cheese Bake (v)            | Homemade Crusty Bread & Salad Selection         | Pasta Neapolitan (v)         | Homemade Crusty Bread & Salad Selection | Selection of filled Wraps or Sandwich Rolls | Oven Baked Chips or New Potatoes & Salad Selection |
| Desserts | Fruit Jelly & Orange Wedges                      | Fruit Selection & Organic Milk           | Carrot Cake Muffin               | Fruit Selection & Organic Milk            | Chocolate Shortbread Biscuit & Melon Wedges  | Fruit Selection & Organic Milk                  | Coconut Cookie               | Fruit Selection & Organic Milk          | Summer Treat Dessert                        | Fruit Selection & Organic Milk                     |

## Week 3

Week commencing

8th and 29th May, 19th June, 10th and 31st July, 21st August, 11th September, 2nd and 23rd October, 13th November.

|          | Monday                              |                                           | Sugarwise Tuesday                             |                                         | Sugarwise Wednesday                  |                                                 | Sugarwise Thursday                           |                                         | Friday Favourites                           |                                                    |
|----------|-------------------------------------|-------------------------------------------|-----------------------------------------------|-----------------------------------------|--------------------------------------|-------------------------------------------------|----------------------------------------------|-----------------------------------------|---------------------------------------------|----------------------------------------------------|
| Choice 1 | Pulled BBQ Chicken Melt Tortilla    | Paprika Potatoes & Mixed Vegetable Medley | Swedish Style Veggie Meatballs (v)            | Herby Potatoes & Broccoli Florets       | Roast Pork Yorkshire Pudding & Gravy | Roast Potatoes Seasonal Cabbage & Carrot Batons | Booths Beef Burger in a Bun & Tomato Ketchup | Paprika Wedges & Mixed Vegetable Medley | Crispy Golden Crumb Fish Fingers            | Oven Baked Chips or New Potatoes & Garden Peas     |
| Choice 2 | Lancashire Butter Pie (v)           | Baked Beans & Salad Selection             | Baked Jacket Potato with a Choice of Filling  | Freshly Prepared Salad Selection        | Cooks Choice of French Bread Pizza   | Potato Wedges Vegetable Sticks & Dips           | Baked Jacket Potato with a Choice of Filling | Freshly Prepared Salad Selection        | Homemade Pizza Margherita (v)               | Oven Baked Chips or Pasta Salad & Sweetcom         |
| Choice 3 | Tomato & Mascarpone Pasta (v)       | Homemade Crusty Bread & Salad Selection   | Pasta Neapolitan (v)                          | Homemade Crusty Bread & Salad Selection | Creamy Veggie & Cheese Pasta (v)     | Homemade Crusty Bread & Salad Selection         | Cheese & Tomato Pasta Bake (v)               | Homemade Crusty Bread & Salad Selection | Selection of filled Wraps or Sandwich Rolls | Oven Baked Chips or New Potatoes & Salad Selection |
| Desserts | Chocolate Brownie & Chocolate Sauce | Fruit Selection & Organic Milk            | Lancashire Cheese & Biscuits or Fruit Yoghurt | Fruit Selection & Organic Milk          | Fruity Oat Cookie                    | Fruit Selection & Organic Milk                  | Shortbread Biscuit & Melon Wedges            | Fruit Selection & Organic Milk          | Chocolate Cookie                            | 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.