

# 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		Meat-Free Tuesday		Wednesday		Thursday		Friday Favourites		
	<b>Choice 1</b>	Pork Meat Balls in a Rich Tomato Sauce	Baby New Potatoes & Fine Green Beans	Veggie Brunch with Vegetarian Sausage & Free Range Omelette (v)	Hash Brown & Baked Beans	Roast Pork with Sage & Onion Stuffing & Gravy	Creamy Mashed Potatoes Baton Carrots & Broccoli Florets	Chicken & Vegetable Tikka Curry	Mixed Rice & Naan Bread	Crispy Battered Fillet of Fish	Oven Baked Chunky Chips & Garden or Mushy Peas
	<b>Choice 2</b>	Cheese & Tomato Pizza (v)	Oven Baked Potato Wedges & Mini Corn on the Cob	Jumbo Fish Finger Crunchy Salad & Mayonnaise Tortilla Wrap	Crispy Diced Potatoes & Garden Peas	Organic Pasta in a Neapolitan Sauce (v)	Garlic Bread & Crunchy Side Salad	Cheese & Tomato Pizza (v)	Oven Baked Potato Wedges & Mini Corn on the Cob	British Beef Burger in a Soft Bun with Tomato Ketchup	Oven Baked Chunky Chips & Garden Peas
	<b>Desserts</b>	Chocolate Mandarin Sponge & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cook's Choice of Cookie & Fresh Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cheese & Crackers with Apple Wedges	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Lemon Sponge & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Shortbread Biscuit & Chocolate Milkshake	Fresh Fruit Bar Fruit Yoghurt Cool Milk

Week 2	Monday		Meat-Free Tuesday		Wednesday		Thursday		Friday Favourites		
	<b>Choice 1</b>	Pork Sausages & Onion Gravy	Creamy Mashed Potatoes & Garden Peas	Sweet Potato & Chick Pea Curry (v)	Mixed Rice & Naan Bread	Roast Chicken with Sage & Onion Stuffing & Gravy	Roasted Potatoes Baton Carrots & Winter Cabbage	Mince Beef Hot-Pot with a Baked Sliced Potato Topping	Broccoli Florets & Sliced Beetroot	Crispy Tempura Battered Fish Goujons	Oven Baked Chunky Chips & Garden Peas
	<b>Choice 2</b>	Organic Pasta in a Tomato & Mascarpone Sauce (v)	Garlic Bread & Crunchy Salad	Cheese & Tomato Pizza (v)	Oven Baked Potato Wedges & Mini Corn on the Cob	Quorn Meatball & Vegetable Casserole with Herby Dumplings (v)	Winter Cabbage & Crusty Bread	Cheese & Tomato Pizza (v)	Crispy Diced Potatoes & Mini Corn on the Cob	BBQ Chicken Fillet in a Soft Bun with Mayonnaise	Oven Baked Chunky Chips & Mini Corn on the Cob
	<b>Desserts</b>	Apple Crumble & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cook's Choice of Muffin & Fresh Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Fruit Jelly	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Vanilla Sponge & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Chocolate Ice Cream Roll & Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk

Week 3	Monday		Meat-Free Tuesday		Wednesday		Thursday		Friday Favourites		
	<b>Choice 1</b>	Crispy Chicken Goujon Crunchy Salad & Mayonnaise Tortilla Wrap	Oven Baked Potato Wedges & Mini Corn on the Cob	Crispy Bubble Coated Salmon Fillet	Baby New Potatoes & Seasonal Vegetables	Roast Beef with Yorkshire Pudding & Gravy	Creamy Mashed Potatoes Carrot Batons & Broccoli Florets	Roast Chicken & Seasonal Vegetable Pie	Crispy Diced Potatoes Fine Green Beans & Garden Peas	Golden Crumb Breaded Omega 3 Fish Fingers	Oven Baked Chunky Chips & Garden Peas
	<b>Choice 2</b>	Free Range Omelette with Cheese & Tomato (v)	Oven Baked Potato Wedges & Baked Beans	Cheese & Tomato Pizza (v)	Crispy Diced Potatoes & Mini Corn on the Cob	Organic Pasta in a Tomato & Basil Sauce (v)	Garlic Bread & Crunchy Salad	Vegetable Balti Curry (v)	Mixed Rice & Naan Bread	Pork Sausage in a Soft Finger Roll with Tomato Ketchup	Oven Baked Chunky Chips & Baked Beans
	<b>Desserts</b>	Creamy Rice Pudding	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Jam Sponge & Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cook's Choice of Cookie & Fresh Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Lemon Drizzle Cake	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Ice Cream Tub & Fresh Fruit	Fresh Fruit Bar Fruit Yoghurt Cool Milk

Weekly Menu Cycle	Oct/Nov					Nov/Dec					Dec/Jan					Feb/Mar					Mar/Apr					Apr/May					May/June					June/July									
	<b>Week 1</b>	22	23	24	25	26	26	27	28	29	30	31	1	2	3	4	4	5	6	7	8	11	12	13	14	15	15	16	17	18	19	20	21	22	23	24	24	25	26	27	28				
	<b>Week 2</b>	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5					
	<b>Week 3</b>	5	6	7	8	9	10	11	12	13	14	14	15	16	17	18	25	26	27	28	1	1	2	3	4	5	6	7	8	9	10	10	11	12	13	14	15	16	17	18	19	22	23	24	25

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.