

Menu

Serving fantastic lunches everyday

All menus are planned to comply with the standards for school food and all new dishes are tested by children. By popular demand, the menu for this autumn and winter also features two roast lunches each week. There's always fresh fruit and salad, homemade bread and locally produced fruit yoghurt available daily and where schools require one, a filled baked potato or hot sandwich.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday favourites
Hot Heroes Choice 1	Pork Meatballs & Pasta in a Tomato Sauce Green Salad	Topside of Beef Yorkshire Pudding & Gravy Roast Potatoes Cauliflower & Green Beans	Lancashire Hotpot Red Cabbage & Mushy Peas	Roast Chicken with Sage & Onion Stuffing & Gravy Creamed Potatoes Fresh Carrots & Savoy Cabbage	Harry Ramsden's Chip Shop Fish Fillet Chunky Chips or New Potatoes Sweetcorn
Hot Heroes Choice 2	Jacket Potato with Cheese & Beans Salad Bar	Red Pesto Pasta (v) Freshly Baked Garlic Bread Side Salad	Homemade Soup & Hot Panini (v) Fruity Coleslaw & Side Salad	Quorn Tortilla Bake (v) <i>(Masterclass winner)</i> Sweet Potato Wedges Green Salad	Tropical Pizza (v) Chunky Chips or New Potatoes & Side Salad
Just Desserts	Pear Pudding & Custard Fresh Fruit Bar Fruit Yoghurt Cool Milk	Oat & Raisin Cookie Fresh Fruit Bar Fruit Yoghurt Cool Milk	Apple Pie & Custard Fresh Fruit Bar Fruit Yoghurt Cool Milk	The Great Lancashire Cupcake Fresh Fruit Bar Fruit Yoghurt Cool Milk	Ginger Cookie & Milkshake Fresh Fruit Bar Fruit Yoghurt Cool Milk

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday favourites
Hot Heroes Choice 1	Cornish Style Pasty (Meat Free) & Gravy New Potatoes Fresh Seasonal Vegetables	Roast Turkey with Sage & Onion Stuffing & Gravy Creamed Potatoes Carrot & Swede & Garden Peas	Lancashire Beef Burger in a Bun with Tomato Ketchup Potato Salad Side Salad	Roast Pork Loin with Sage & Onion Stuffing & Gravy Roast Potatoes Fresh Carrots & Broccoli	Crispy Fish Goujons Chunky Chips or New Potatoes Garden Peas
Hot Heroes Choice 2	Cheese & Tomato Omelette Potato Wedges Baked Beans	Pizza Margherita (v) Corn on the Cob Side Salad	Salmon Fish Fingers or Crunchy Vegetable Nuggets (v) Herby Diced Potatoes Garden Peas	Butter Pie With Cheese (v) Roasted Winter Vegetables	Tomato & Mascarpone Pasta (v) Freshly Baked Garlic Bread Green Salad
Just Desserts	Fruity Flapjack Fresh Fruit Bar Fruit Yoghurt Cool Milk	Winter Fruit Crumble & Custard Fresh Fruit Bar Fruit Yoghurt Cool Milk	Chocolate & Mandarin Muffin Fresh Fruit Bar Fruit Yoghurt Cool Milk	Ice Cream Roll & Peaches Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cherry Shortbread Fresh Fruit Bar Fruit Yoghurt Cool Milk

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday favourites
Hot Heroes Choice 1	Pork or Quorn Sausages (v) & Onion Gravy Creamed Potatoes Winter Cabbage	Topside of Beef Yorkshire Pudding & Gravy Roast Potatoes Roasted Parsnips & Broccoli	Chicken Tikka Masala Vegetable Rice	Roast Chicken with Sage & Onion Stuffing & Gravy Creamed Potatoes Baton Carrots & Green Beans	Omega 3 Fish Fingers Chunky Chips or New Potatoes Mushy Peas
Hot Heroes Choice 2	Sweet Potato & Chick Pea Curry (v) <i>(Masterclass winner)</i> Mixed Rice Naan Bread	Spaghetti Mediterranean (v) Vegetable Crudities Green Salad	Cheese Whirl (v) Creamed Potatoes Baked Beans	Quorn Cottage Pie (v) Sliced Beetroot Glazed Carrots	Calzone Pizza Chunky Chips or New Potatoes Garden Peas
Just Desserts	Cheese & Biscuits Fresh Fruit Fresh Fruit Bar Fruit Yoghurt Cool Milk	Rice Pudding & Jam Fresh Fruit Bar Fruit Yoghurt Cool Milk	Paris Slice Fresh Fruit Bar Fruit Yoghurt Cool Milk	Raspberry Sponge & Vanilla Sauce Fresh Fruit Bar Fruit Yoghurt Cool Milk	Chocolate Cookie & Milkshake Fresh Fruit Bar Fruit Yoghurt Cool Milk

Weekly Menu Cycle

- Week 1
- Week 2
- Week 3

Nov/Dec

Mon	Tue	Wed	Thu	Fri
1	8	15	22	29
5	12	19	26	
9	16	23	30	
13	20	27		
17	24	31		

Dec/Jan

Mon	Tue	Wed	Thu	Fri
1	8	15	22	29
5	12	19	26	
9	16	23	30	
13	20	27		
17	24	31		

Jan/Feb

Mon	Tue	Wed	Thu	Fri
1	8	15	22	29
5	12	19	26	
9	16	23	30	
13	20	27		
17	24	31		

Feb/Mar

Mon	Tue	Wed	Thu	Fri
1	8	15	22	29
5	12	19	26	
9	16	23	30	
13	20	27		
17	24	31		

Mar/Apr

Mon	Tue	Wed	Thu	Fri
1	8	15	22	29
5	12	19	26	
9	16	23	30	
13	20	27		
17	24	31		

Apr/May

Mon	Tue	Wed	Thu	Fri
1	8	15	22	29
5	12	19	26	
9	16	23	30	
13	20	27		
17	24	31		

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.