



For further information regarding allergies and special diets, please visit www.lancashire.gov.uk/catering

It is our policy to provide a menu for those pupils with medically diagnosed food allergies, food intolerances or a medical condition which affects eating requirements. Special diets are diets for pupils with a medically diagnosed requirement, not just a dislike of certain foods or food groups.

Special Diets and Allergies

We buy local produce to support local businesses and reduce food miles. 100% of our food suppliers are classed as local and 75% of our food purchases are produced in the UK. Our service recognises the value and importance of sustainable and responsible food sourcing. Our aim is to positively influence the diet of our children and young people, and always consider where the food we put on the plates comes from and how it was produced.



grab a great deal

Name:

Class:

Daily choice of main meals £1.95

Add a cookie and piece of fruit or yoghurt and selected drink for a great meal deal at only £2.20

Freshly made sandwiches from £1.10

Hot Sandwich selection from £2.00

Cold drinks from 40p

Homemade cookies and cakes from 40p

Please see separate tariffs for more appetising menu choices!

Use this voucher to claim your full meal deal for only £1.95.

Grab a Great Value Meal Deal

Pick Your Main Meal and choose a Cookie or Selected Drink to accompany it.



All for the price of
£2.20



Selection of Cereals	60p
Creamy Porridge	60p
Hot Buttered Toast	25p
Bacon Barmcake	£1.00
1/2 Toasted Teacake	40p
1/2 Toasted Bagel	40p
Yoghurt	40p
Fresh Fruit Salad	70p/£1
Fresh Fruit Juice	From 70p
Bottled Water	From 65p
Milk Carton	40p

Come and join us for breakfast or morning break.

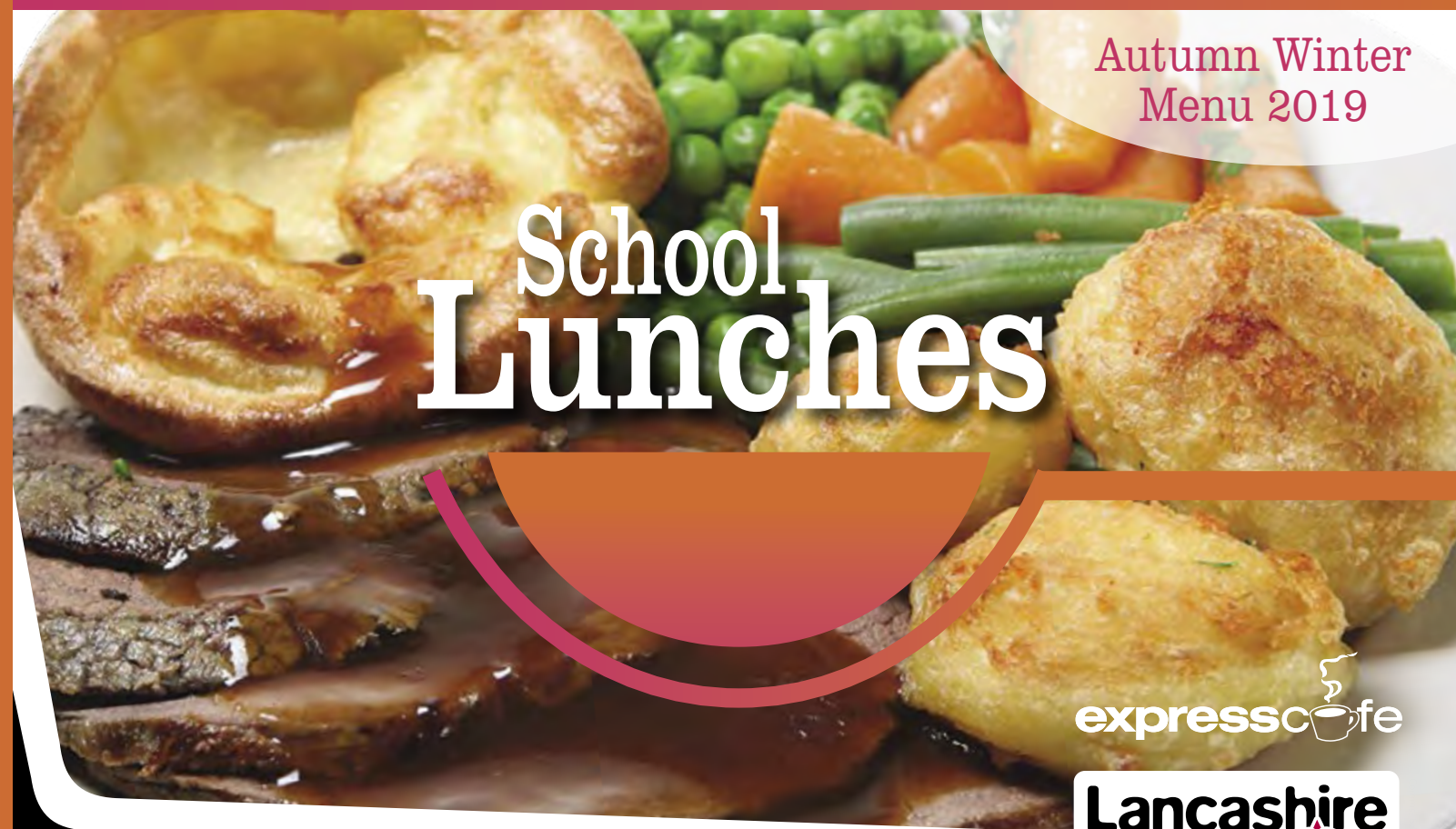
the right start



Faster Fresher Fitter

Autumn Winter
Menu 2019

School Lunches



expresscofe

Lancashire
County Council

Week 1

Traditional Meal Deal

Monday	BBQ Chicken Flat Bread with Paprika Potatoes, Garden Peas & Sweetcorn
Tuesday	Braised Beef Goulash with Mixed Rice & Broccoli Florets
Wednesday	Roast of the Day with Traditional Trimmings, Roast & Creamed Potatoes & Seasonal Vegetables
Thursday	Homemade Cottage Pie with Seasonal Cabbage & Carrots
Friday	Crispy Battered Fish with Chunky Chips & Mushy Peas

Traditional Meal Deal

Monday	Pork Meatballs with Tomato & Herb Sauce, Penne Pasta & Broccoli Florets
Tuesday	Lancashire Cheese & Onion Frittata with Baby Baked Potatoes & Baked Beans
Wednesday	Chicken & Spicy Bean Burrito with Baked Potato Wedges & Soured Cream
Thursday	Cheddar Cheese & Bacon Loaded Potato Skins with Mixed Salad & Coleslaw
Friday	British Beef Burger with Chunky Chips & BBQ Beans

Vegetarian Meal Deal

Monday	Roast Root Vegetable Casserole with Cheese & Herb Dumplings & Sliced Beetroot
Tuesday	Vegetarian Sausages with Onion Gravy, Creamed Potatoes, Fine Green Beans & Carrots
Wednesday	Homemade Margherita Pizza with Mixed Salad & Coleslaw
Thursday	Sweet Potato, Chickpea & Spinach Curry with Mixed Rice & Coriander Naan
Friday	Spicy Pasta Arrabiata with Homemade Garlic Dough Balls

Dessert of the Day

Monday	Raspberry & Coconut Sponge with Custard, Lemon Muffin, Fruit, Yoghurt or Juice
Tuesday	Jam & Cream Scone, Cherry Cookie, Fruit, Yoghurt or Juice
Wednesday	Fruity Bread & Butter Pudding with Custard, Chocolate Muffin, Fruit, Yoghurt or Juice
Thursday	Warm Chocolate Brownie with Hot Chocolate Sauce, Banana Flapjack, Fruit, Yoghurt or Juice
Friday	Eve's Pudding with Custard, Shortbread Biscuit, Fruit, Yoghurt or Juice

A choice of hot or cold filled sandwich or filled jacket potato are also available on a daily basis.

Traditional Meal Deal

Monday	Meatball Marinara Melt Sub Roll with Baked Potato Wedges, Garden Peas & Sweetcorn
Tuesday	Homemade Chicken & Vegetable Hotpot with Broccoli Florets & Sliced Beetroot
Wednesday	Roast of the Day with Traditional Trimmings, Roast & Creamed Potatoes & Seasonal Vegetables
Thursday	Homemade Beef Lasagne with Garlic Bread & Mixed Salad
Friday	Crispy Battered Fish with Chunky Chips & Mushy Peas

Traditional Meal Deal

Monday	Creamy Pasta Carbonara with Homemade Garlic Dough Balls
Tuesday	Salmon & Sweet Potato Fishcakes with Sweet Chilli Vegetables & Noodles
Wednesday	Homemade Beef Curry with Mixed Rice & Coriander Naan
Thursday	Homemade Quiche Lorraine with Baked Baby Potatoes & Baked Beans
Friday	Chinese Chicken Curry with Chunky Chips, Garden Peas & Sweetcorn

Vegetarian Meal Deal

Monday	Homemade Cheese & Onion Pie with Herby Potatoes, Garden Peas & Gravy
Tuesday	Pasta Neapolitan with Homemade Cheesy Garlic Bread
Wednesday	Homemade Margherita Pizza with Mixed Salad & Coleslaw
Thursday	Veggie Quorn Chilli with Mixed Rice & Nachos
Friday	Baked Macaroni Cheese Gratin with Homemade Garlic Bread & Mixed Salad

Dessert of the day

Monday	Jam Sponge with Custard, Cherry Cookie, Fruit, Yoghurt or Juice
Tuesday	Lemon & Ginger Shortbread, Chocolate Muffin, Fruit, Yoghurt or Juice
Wednesday	Vanilla Sponge with Chocolate Sauce, Fruity Flapjack, Fruit, Yoghurt or Juice
Thursday	Carrot Cake Muffin, Chocolate Cookie, Fruit, Yoghurt or Juice
Friday	Apple Pie with Custard, Raspberry Bun, Fruit, Yoghurt or Juice

A choice of hot or cold filled sandwich or filled jacket potato are also available on a daily basis.

Week 2

Traditional Meal Deal

Monday	Pork Sausages with Onion Gravy, Creamed Potatoes, Broccoli Florets & Carrots
Tuesday	Homemade Steak & Onion Pie with Baby Baked Potatoes, Garden Peas & Gravy
Wednesday	Roast of the Day with Traditional Trimmings, Roast & Creamed Potatoes & Seasonal Vegetables
Thursday	Creamy Paprika Chicken with Herby Potatoes, Fine Green Beans & Carrots
Friday	Crispy Battered Fish with Chunky Chips & Mushy Peas

Traditional Meal Deal

Monday	Southern Fried Chicken Tortilla Wrap with Paprika Wedges & BBQ Beans
Tuesday	Chilli Con Carne with Mixed Rice & Nachos
Wednesday	Sweet Chilli Chicken with Crunchy Vegetables & Noodles
Thursday	Pasta Bolognese with Homemade Garlic Dough Balls
Friday	Homemade Chicken Curry with Mixed Rice & Coriander Naan

Vegetarian Meal Deal

Monday	Vegetable Biryani Curry with Coriander Naan
Tuesday	Creamy Tomato & Mascarpone Pasta with Homemade Garlic Bread
Wednesday	Homemade Margherita Pizza with Mixed Salad & Coleslaw
Thursday	Brunch, Veggie Sausage, Free Range Omelette, Hash Browns & Baked Beans
Friday	Spicy Bean Burger with Chunky Chips & Mixed Salad

Dessert of the Day

Monday	Toffee Apple Crumble with Custard, Berry Muffin, Fruit, Yoghurt or Juice
Tuesday	Creamy Rice Pudding with Mixed Berries, Chocolate Cookie, Fruit, Yoghurt or Juice
Wednesday	Chocolate & Mandarin Sponge with Custard, Sticky Parkin, Fruit, Yoghurt or Juice
Thursday	Lemon Drizzle Cake, Raspberry Bun, Fruit, Yoghurt or Juice
Friday	Sticky Toffee Pudding with Custard, Fruit Shortbread, Fruit, Yoghurt or Juice

A choice of hot or cold filled sandwich or filled jacket potato are also available on a daily basis.

Week 3

Traditional Meal Deal

Monday	Meatball Marinara Melt Sub Roll with Baked Potato Wedges, Garden Peas & Sweetcorn
Tuesday	Homemade Chicken & Vegetable Hotpot with Broccoli Florets & Sliced Beetroot
Wednesday	Roast of the Day with Traditional Trimmings, Roast & Creamed Potatoes & Seasonal Vegetables
Thursday	Homemade Beef Lasagne with Garlic Bread & Mixed Salad
Friday	Crispy Battered Fish with Chunky Chips & Mushy Peas

Traditional Meal Deal

Monday	Creamy Pasta Carbonara with Homemade Garlic Dough Balls
Tuesday	Salmon & Sweet Potato Fishcakes with Sweet Chilli Vegetables & Noodles
Wednesday	Homemade Beef Curry with Mixed Rice & Coriander Naan
Thursday	Homemade Quiche Lorraine with Baked Baby Potatoes & Baked Beans
Friday	Chinese Chicken Curry with Chunky Chips, Garden Peas & Sweetcorn

Vegetarian Meal Deal

Monday	Homemade Cheese & Onion Pie with Herby Potatoes, Garden Peas & Gravy
Tuesday	Pasta Neapolitan with Homemade Cheesy Garlic Bread
Wednesday	Homemade Margherita Pizza with Mixed Salad & Coleslaw
Thursday	Veggie Quorn Chilli with Mixed Rice & Nachos
Friday	Baked Macaroni Cheese Gratin with Homemade Garlic Bread & Mixed Salad

Dessert of the day

Monday	Jam Sponge with Custard, Cherry Cookie, Fruit, Yoghurt or Juice
Tuesday	Lemon & Ginger Shortbread, Chocolate Muffin, Fruit, Yoghurt or Juice
Wednesday	Vanilla Sponge with Chocolate Sauce, Fruity Flapjack, Fruit, Yoghurt or Juice
Thursday	Carrot Cake Muffin, Chocolate Cookie, Fruit, Yoghurt or Juice
Friday	Apple Pie with Custard, Raspberry Bun, Fruit, Yoghurt or Juice

A choice of hot or cold filled sandwich or filled jacket potato are also available on a daily basis.

Week 1

WEEK COMMENCING
11 November, 2 & 23 December,
13 January, 3 & 24 February,
16 March, 6 & 27 April, 18 May,
8 & 29 June

Week 2

WEEK COMMENCING
28 October, 18 November,
9 & 30 December, 20 January,
10 February, 2 & 23 March, 13 April,
4 & 25 May, 15 June, 6 July

Week 3

WEEK COMMENCING
4 & 25 November, 16 December,
6 & 27 January, 17 February,
9 & 30 March, 20 April,
11 May, 1 & 22 June

All our menus are planned to meet the food based standards for food in schools and are checked using a recognised programme to analyse nutrition. Whilst every effort is made to produce the published menu, please note that they may vary occasionally subject to availability.

Putting Fun into Food

