



# School Lunches



## 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**



## the right start

Come and join us for breakfast or morning break.

- Selection of Cereals 60p
- Creamy Porridge 60p
- Hot Buttered Toast 25p
- Bacon Barmcake £1.20
- ½ Toasted Teacake 40p
- ½ Toasted Bagel 40p
- Yoghurt 40p
- Fresh Fruit Salad 70p/£1
- Fresh Fruit Juice From 70p
- Bottled Water From 65p
- Milk Carton 40p



## Locally Sourced Food



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.

### Special Diets and Allergies

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.

For further information regarding allergies and special diets, please visit [www.lancashire.gov.uk/catering](http://www.lancashire.gov.uk/catering)





# 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 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 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 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

