

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.

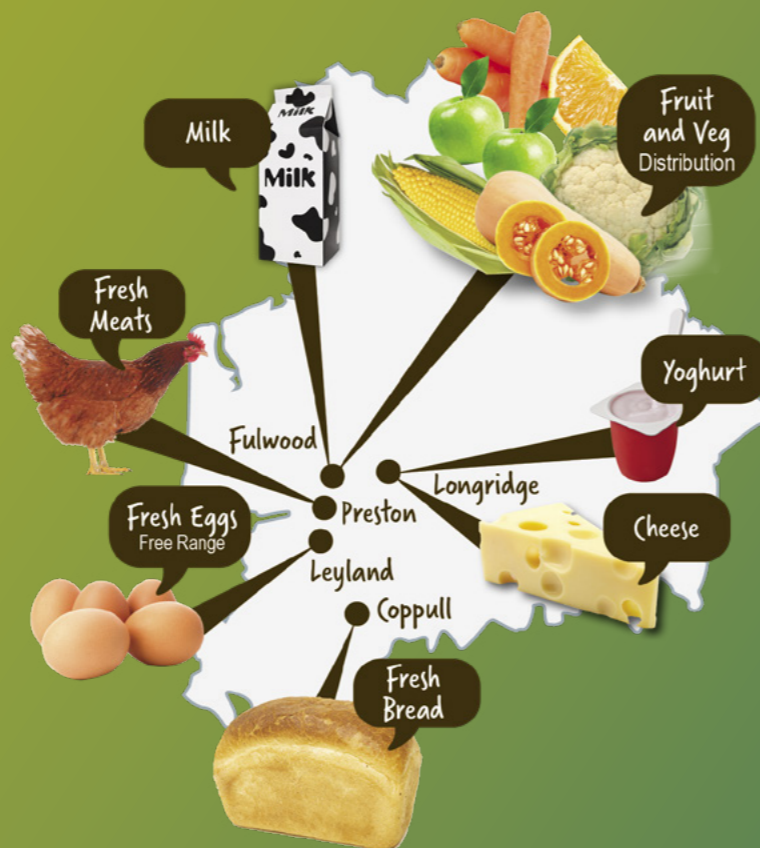
For further information regarding allergies and special diets, please visit www.lancashire.gov.uk/catering

@LancsCatering

@LCCatering



Locally Sourced Food



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	£1.50
½ Toasted Teacake	45p
½ Toasted Bagel	60p
Yoghurt	70p
Fresh Fruit Salad	80p / £1.30
Fresh Fruit Juice	From 65p
Bottled Water	From 65p
Milk Carton	60p



Grab a Great Value Meal Deal

Choose your main meal and choose a dessert or selected drink to accompany it.



All for the price of
£2.50

Grab a Great Deal

Name:

Class:

- Daily Choice of Main Meals £2.20
- Add one of the following- Dessert, Fresh Fruit, Yoghurt or Selected Drink for a Great Meal Deal at only £2.50
- Freshly Prepared Sandwiches from £1.40
- Hot Sandwich Selection from £2.20
- Cold Drinks from 60p
- 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 £2.00

Faster Fresher Fitter

Secondary
Autumn & Winter
Menu 2023-2024

School Lunches



LANCASHIRE
CATERING SERVICE

Week 1

Traditional Choice Meal Deal

- Monday Swedish Style Meatballs with Paprika Potatoes & Mixed Vegetable Medley
- Tuesday Chicken Tikka Masala with Turmeric Rice & Coriander Naan Bread
- Wednesday Roast of the Day with Traditional Trimmings, Roast & Mashed Potatoes & Seasonal Vegetables
- Thursday Mexican Salsa Burger with Cajun Potato Wedges & Sweetcorn
- Friday Harry Ramsdens Crispy Battered Fish Fillet or Crispy Crumb Salmon Fish Fingers with Chips & Mushy Peas

Vegetarian Choice Meal Deal

- Monday Spicy Veggie Bean Chilli with Mixed Rice & Tortilla Chips
- Tuesday Lancashire Cheese & Potato Pie with Mixed Vegetable Medley or Baked Beans
- Wednesday Vegetarian Sausages with Yorkshire Pudding, Roast & Mashed Potatoes, Seasonal Vegetables & Gravy
- Thursday Homemade Vegetable Lasagne with Mixed Salad
- Friday Homemade Margherita Pizza with Chips & Mixed Salad

Pasta & Noodles Choice Meal Deal

- Monday Creamy Tomato & Mascarpone Pasta with Garlic & Herb Bread (v)
- Tuesday Pasta Arrabbiata, a Mild Chilli, Tomato & Sweet Pepper Sauce with Garlic Dough Balls (v)
- Wednesday Baked Macaroni & Cheese with Herby Bread (v)
- Thursday Sweet Chilli Vegetable Stir Fry with Egg Noodles (v)
- Friday Pasta Pomodoro, an Italian Tomato & Basil Sauce with Garlic & Herb Bread (v)

Desserts of the Day

- Monday Apple Crumble with Custard
- Tuesday Lemon Muffin
- Wednesday Chocolate Brownie with Chocolate Sauce
- Thursday Fruity Carrot Cake
- Friday Cherry Bakewell Traybake with Custard

Choice of Hot filled Panini or Choice of filled Baked Jacket Potato with Mixed Salad are available daily

Choice of Homemade Cake, Biscuit, Cookie, Fresh Fruit Selection or Fruit Yoghurt are also available daily

Week 2

Traditional Choice Meal Deal

- Monday Big Brunch of Pork or Veggie Sausages, Free Range Omelette, Hash Browns & Baked Beans
- Tuesday Homemade Chicken Pie, Baby Baked Potatoes & Mixed Vegetable Medley
- Wednesday Savoury Minced Beef with Yorkshire Pudding, Roast & Mashed Potatoes & Seasonal Vegetables
- Thursday Beef Keema Curry with Turmeric Rice & Coriander Naan
- Friday Harry Ramsdens Crispy Battered Fish Fillet or Crispy Crumb Salmon Fish Fingers with Chips & Mushy Peas

Vegetarian Choice Meal Deal

- Monday Roast Root Vegetable Casserole with Cheese & Herb Dumpling & Broccoli Florets
- Tuesday Sweet Potato & Red Pepper Curry with Turmeric Rice & Coriander Naan
- Wednesday Plant-Based Meatballs with Yorkshire Pudding, Roast & Mashed Potatoes, Seasonal Vegetables & Gravy
- Thursday Cheddar Cheese Whirl with Herby Potatoes & Baked Beans
- Friday Homemade Margherita Pizza with Chips & Mixed Salad

Pasta & Noodles Choice Meal Deal

- Monday Pasta Arrabbiata, a Mild Chilli, Tomato & Sweet Pepper Sauce with Garlic Dough Balls (v)
- Tuesday Baked Macaroni & Cheese with Herby Bread (v)
- Wednesday Sweet Chilli Vegetable Stir Fry with Egg Noodles (v)
- Thursday Pasta Neapolitan, an Italian Tomato & Herb Sauce with garlic Dough Balls (v)
- Friday Creamy Tomato & Mascarpone Pasta with Garlic & Herb Bread (v)

Desserts of the day

- Monday Creamy Rice Pudding with Mixed Berries
- Tuesday Eves Sponge Pudding with Custard
- Wednesday Cherry Rock Bun
- Thursday Lemon Drizzle Cake
- Friday Chocolate & Mandarin Sponge with Custard

Choice of Hot filled Panini or Choice of filled Baked Jacket Potato with Mixed Salad are available daily

Choice of Homemade Cake, Biscuit, Cookie, Fresh Fruit Selection or Fruit Yoghurt are also available daily

Week 3

Traditional Choice Meal Deal

- Monday Pork Sausages with Creamy Mashed Potatoes, Mixed Vegetable Medley & Gravy
- Tuesday Homemade Cottage Pie with Broccoli Florets & Sliced Beetroot
- Wednesday Roast of the Day with Traditional Trimmings, Roast & Mashed Potatoes & Seasonal Vegetables
- Thursday Goan Chicken Curry with Turmeric Rice & Coriander Naan
- Friday Harry Ramsdens Crispy Battered Fish Fillet or Crispy Crumb Salmon Fish Fingers with Chips & Mushy Peas

Vegetarian Choice Meal Deal

- Monday Crispy Crumb Veggie Burger with Spicy Mayo Cajun Potato Wedges & Mixed Salad
- Tuesday Vegetable & Sweet Potato Biryani with Coriander Naan
- Wednesday Vegetarian Sausages with Yorkshire Pudding, Roast & Mashed Potatoes, Seasonal Vegetables & Gravy
- Thursday Plant Based Meatballs with Tomato & Herb Sauce, Crispy Potatoes & Broccoli Florets
- Friday Homemade Margherita Pizza with Chips & Mixed Salad

Pasta & Noodles Choice Meal Deal

- Monday Pasta Pomodoro, Italian Tomato & Basil Sauce with Garlic & Herb Bread (v)
- Tuesday Creamy Tomato & Mascarpone Pasta with Garlic Dough Balls (v)
- Wednesday Baked Macaroni & Cheese with Herby Bread (v)
- Thursday Sweet Chilli Vegetable Stir Fry with Egg Noodles (v)
- Friday Pasta Arrabbiata, a Mild Chilli Tomato & Sweet Pepper Sauce with Garlic Dough Balls (v)

Desserts of the day

- Monday Jam Sponge with Custard
- Tuesday Lemon & Ginger Shortbread
- Wednesday Vanilla Sponge with Chocolate Sauce
- Thursday Chocolate & Beetroot Cake
- Friday Apple Pie with Custard

Choice of Hot filled Panini or Choice of filled Baked Jacket Potato with Mixed Salad are available daily

Choice of Homemade Cake, Biscuit, Cookie, Fresh Fruit Selection or Fruit Yoghurt are also available daily

Week 1

Week commencing 30th October, 20th November, 11th December, 1st & 22nd January, 12th February, 4th & 25th March, 15th April, 6th May

Week 2

WEEK COMMENCING 6th & 27th November, 18th December, 8th & 29th January, 19th February, 11th March, 1st & 22nd April, 13th May

Week 3

WEEK COMMENCING 13th November, 4th & 25th December, 15th January, 5th & 26th February, 18th March, 8th & 29th April, 20th May

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

