

# Menu

## Serving fantastic lunches everyday

Over 75%\* of our dishes are homemade and freshly prepared using tried and tested traditional recipes we know children will love. There's always fresh fruit and salad, homemade bread and locally produced fruit yoghurt available daily and where school require one a filled baked potato or hot sandwich. A vegetarian option is always available.  
\*except fresher

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<b>Hot Heroes Choice 1</b> Baked Pork Sausage Mashed Potatoes Baked Beans	Homemade Chicken Pie New Potatoes Winter Greens	Roast Beef with Yorkshire Pudding Gravy Roasted Potatoes Seasonal Vegetables	BBQ Chicken Pasta Bake Home-made Bread Sweetcorn Salad Bar	Crispy Fish Goujons 1/2 Baked Potato or Chunky Chips Garden Peas Green Beans
	<b>Hot Heroes Choice 2</b> Fisherman's Pie Roasted Vegetables Garden Peas	Cook's Choice of Homemade Pizza Pasta Salad Salad Bar	Tomato & Mascarpone Pasta Freshly Baked Garlic Bread Salad Bar	Quorn & Sweet Potato Curry Vegetable Rice Naan Bread Salad Bar	Brunch with Gammon Steak Hash Browns Baked Beans
	<b>Just Desserts</b> Traditional Bread & Butter Pudding Fresh Fruit Bar Fruit Yoghurt Cool Milk	Peach Crumble & Custard Fresh Fruit Bar Fruit Yoghurt Cool Milk	Lemon Drizzle Cake Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cheese & Biscuits Grapes & Apple Wedge Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cook's choice of cookie Milkshake Fresh Fruit Bar Fruit Yoghurt Cool Milk
Week 2	<b>Hot Heroes Choice 1</b> Vegetable Ravioli 1/2 Baked Potato Garden Peas Homemade Bread	British Beef Burger in a Bun with Tomato Ketchup Potato Salad Salad Bar	Roast Pork Loin with Gravy & Sage & Onion Stuffing Roast Potatoes Carrots Broccoli	Chicken Tikka Vegetable Rice Naan Bread Salad Bar	Harry Ramsden's Chip Shop Fish Fillet New Potatoes or Chunky Chips Sweetcorn
	<b>Hot Heroes Choice 2</b> Butter Pie with Grated Cheese Pickled Beetroot Carrots Salad Bar	Red Pesto Pasta Green Beans Salad Bar Homemade Bread	Ratatouille Bake Freshly Baked Garlic Bread Salad Bar	Cheese Whirl Mashed Potatoes Baked Beans Salad Bar	Pizza Margherita New Potatoes or Chunky Chips Sweetcorn Garden Peas
	<b>Just Desserts</b> Pear Pudding & Custard Fresh Fruit Bar Fruit Yoghurt Cool Milk	Banana Flapjack Fresh Fruit Bar Fruit Yoghurt Cool Milk	Jam & Cream Split Fresh Fruit Bar Fruit Yoghurt Cool Milk	Chocolate Sponge with Peppermint Sauce Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cherry Shortbread Fresh Fruit Bar Fruit Yoghurt Cool Milk
Week 3	<b>Hot Heroes Choice 1</b> BBQ Chicken Wrap 1/2 Baked Potato Mini Corn on the Cob Salad Bar	Traditional Cottage Pie Red Cabbage Mushy Peas	Gammon & Pineapple Roast Potatoes Cauliflower Cheese Garden Peas	Chicken Korma Vegetable Rice Naan Bread Salad Bar	Omega 3 Fish Fingers New Potatoes & Chunky Chips Baked Beans
	<b>Hot Heroes Choice 2</b> Tuna Pasta Bake Crudities Homemade Garlic Bread	Vegetable Lasagne Freshly Baked Bread Salad Bar	Sausage Roll (Meat Free) Homemade Potato Wedges Baked Beans	Cook's Choice of Homemade Pizza Pasta Salad Salad Bar	Baked Pork Sausage Gravy New Potatoes & Chunky Chips Garden Peas Carrots
	<b>Just Desserts</b> Homemade Rice Pudding with Blackcurrant Jam Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cheese & Biscuits Grapes & Apple Wedge Fresh Fruit Bar Fruit Yoghurt Cool Milk	Peach Melba Fresh Fruit Bar Fruit Yoghurt Cool Milk	Apple Crumble & Custard Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cook's Choice of Cookie Milkshake Fresh Fruit Bar Fruit Yoghurt Cool Milk
Week 4	<b>Hot Heroes Choice 1</b> Pork Meatballs in Onion Gravy Creamed Mashed Potatoes Broccoli	Spaghetti Bolognese Freshly Baked Bread Salad Bar	Roasted Chicken Fillet with Gravy and Sage and Onion Stuffing Roasted Potatoes Seasonal Vegetables	Traditional Meat & Potato Pie Red Cabbage Mushy Peas	Harry Ramsden's Chip Shop Fish Fillet New Potatoes or Chunky Chips Mushy Peas Sweetcorn
	<b>Hot Heroes Choice 2</b> Macaroni Cheese Carrots Salad Bar Homemade Tomato Bread	Salmon Fish Fingers New Potatoes Garden Peas	Penne Arrabbiata Freshly Baked Garlic Bread Salad Bar	Vegetable Chilli 1/2 Rice 1/2 Tortilla Chips Salad Bar	Pizza Margherita New Potatoes or Chunky Chips Sweetcorn
	<b>Just Desserts</b> Raspberry Bun Fresh Fruit Bar Fruit Yoghurt Cool Milk	Fruit Jelly & ice cream Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cherry Crumble Cake Fresh Fruit Bar Fruit Yoghurt Cool Milk	Pineapple Upside Down Cake & Custard Fresh Fruit Bar Fruit Yoghurt Cool Milk	Oat & Raisin Cookie Fresh Fruit Bar Fruit Yoghurt Cool Milk

### Weekly Menu Cycle

- Week 1
- Week 2
- Week 3
- Week 4

Sep/Oct

1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	1	2	3

Oct/Nov

6	7	8	9	10
13	14	15	16	18
20	21	22	23	24
27	28	29	30	31
3	4	5	6	7

Nov/Dec

10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
1	2	3	4	5
8	9	10	11	12

Dec/Jan

15	16	17	18	19
22	23	24	25	26
29	30	31	1	2
5	6	7	8	9
12	13	14	15	16

Jan/Feb

19	20	21	22	23
26	27	28	29	30
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20

Feb/Mar

23	24	25	26	27
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

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 planned to meet the food based standards for food in schools and 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.

MENU TYPE: F+AW14

Please note that whilst every effort has been made to ensure this list is correct, it should only be used as a guide.

For full allergen listings, please refer to the manufacturer's ingredients label and/or product specifications.

RECIPE NAME	MILK	EGGS	PEANUTS	TREE NUTS	CEREALS CONTAINING GLUTEN	SESAME SEEDS	CRUSTACEANS	MOLLUSCS	FISH	CELERY	MUSTARD	SOYA	LUPIN	SULPHUR DIOXIDE
Baked Pork Sausage					Y (wheat)									
Fish Pie	Y				Y (wheat)				Y (salmon, hoki, pollack)					
Jacket Potato with Choice	Y	Y							Y (tuna)		Y			
Selection of Wraps and Rolls	Y	Y			Y (wheat)				Y (tuna)		Y	Y		
Hot Cheese & Tomato Panini	Y				Y (wheat)	Y						Y		
Roasted Vegetables														
Baked Beans														
Salad Bar														
Creamed Potatoes Fresh	Y													
Bread and Butter Pudding	Y	Y			Y (wheat)									
Strawberry Yoghurt	Y													
Fruit Bar														
Fresh Milk Primary	Y													
Homemade Bread Basket	Y	Y			Y (wheat)							Y		
Homemade Chicken Pie					Y (wheat)									
Pizza Margherita	Y	Y			Y (wheat)							Y		
Tuna Melt Panini	Y	Y			Y (wheat)	Y			Y (tuna)		Y	Y		
Savoy Cabbage														
New Potatoes														
Pasta Salad		Y			Y (wheat)						Y			
Peach Crumble	Y				Y (wheat)									
Custard	Y													
Roast Beef and Yorkshire Pudding	Y	Y			Y (wheat)									
Pasta in Tomato & Mascarpone Sauce	Y				Y (wheat)									
Broccoli														
Roast Potatoes														
Lemon Sponge	Y	Y			Y (wheat)									
Half Portion of Garlic Bread	Y	Y			Y (wheat)							Y		
Barbecue Chicken Pasta Bake					Y (wheat)					Y		Y		
Quorn & Sweet Potato Curry	Y	Y			Y (wheat)									
Sweetcorn														
Vegetable Rice														
Cheese and Biscuits	Y				Y (wheat)									

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Naan Bread	Y				Y (wheat)									
Tempura Pollock Goujon					Y (wheat)				Y (pollock)			Y		
All Day Brunch I	Y	Y												
Green Beans														
Chips														
Half Jacket Potatoes														
Chocolate Orange Cookie	Y	Y			Y (wheat)									
Banana Milkshake	Y													
Vegetable Ravioli					Y (wheat)					Y				
Butter Pie with Cheese	Y				Y (wheat)									
Sliced Beetroot														
Garden Peas														
Carrots														
Pear Sponge	Y	Y			Y (wheat)									
British Beefburger					Y (wheat)							Y		
Red Pesto Pasta	Y				Y (wheat)									
Salad Bar														
Banana Flapjack	Y				Y (wheat)									
Pork Loin Steak & Gravy with Stuffing					Y (wheat (stuffing only))									
Ratatouille Vegetable Grill	Y													
Carrot & Swede Mash	Y													
Jam and Cream Splits	Y				Y (wheat)									
Chicken Tikka Masala	Y													
Cheddar Cheese Whirl	Y	Y			Y (wheat)									
Chocolate Sponge	Y	Y			Y (wheat)									
Peppermint Sauce	Y													
Harry Ramsden Chip Shop Fish	Y				Y (wheat)				Y (pollock)					
Cherry Shortcake	Y				Y (wheat)									
BBQ Chicken Wrap					Y (wheat)					Y		Y		
Tuna Pasta Bake	Y				Y (wheat)				Y (tuna)	Y				
Mini Corn on the Cob														
Vegetable Sticks		Y								Y	Y			
Rice Pudding with Jam	Y													

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Garlic Bread (no Butter)	Y	Y			Y (wheat)							Y		
Cottage Pie	Y													
Roasted Vegetable Lasagne	Y				Y (wheat)					Y				
Mushy Peas														
Red Cabbage														
Gammon and Pineapple														
Meat Free Sausage Roll					Y (wheat)							Y		
Cauliflower Cheese	Y				Y (wheat)									
Seasoned Homemade Garlic Wedges														
Peach Melba	Y													
Chicken Korma	Y										Y			
Apple Crumble	Y				Y (wheat)									
Omega 3 Fish Fingers					Y (wheat)				Y (pollock)					
Pork Sausages In Gravy					Y (wheat)									
Chocolate Cookies	Y	Y			Y (wheat)									
Pork Meatballs in Onion Gravy					Y (wheat)									
Macaroni Cheese	Y				Y (wheat)					Y				
Raspberry Buns	Y	Y			Y (wheat)									
Tomato Bread (Nestle)	Y	Y			Y (wheat)							Y		
Spaghetti Bolognese					Y (wheat)									
Salmon Fish Finger					Y (wheat)				Y (salmon)					
Fruit Jelly														
Soft Scoop Ice cream	Y													
Roast Chicken Breast with Gravy														
Penne Arrabiata	Y				Y (wheat)									
Cherry Crumble Fairy Cakes	Y	Y			Y (wheat)									
Meat & Potato Pie	Y				Y (wheat)									
Veggie Chilli														
Mixed Rice and Tortilla Chips					Y (wheat)									
Pineapple upside down cake	Y	Y			Y (wheat)									
Oat and Raisin Cookie	Y	Y			Y (wheat)									
Hash Browns														
Potato Salad		Y									Y			