



Lancashire Schools

Serving fantastic lunches



There's so much to choose from on our new Autumn and Winter menu, including children's favourites served with seasonal vegetables and as much as your child wants from the salad bar, plus, pudding, yoghurt or fruit.

Also available daily: bread basket, fresh milk and chilled water.

We offer a healthy packed lunch option for school trips. Please check with your school for details.

Week 1	Monday		Tuesday		Wednesday		Thursday		Friday		
	Hot Heroes Choice	Pork Meatballs in Bisto Gravy (Red Tractor Pork)	Creamed Potatoes Sweetcorn	Brunch with Gammon Steak	Hash Browns Baked Beans	Spaghetti Bolognaise (Farm Assured Beef)	Herb Bread Salad Bar	Roast Beef with Bisto Gravy and Aunt Bessie's Yorkshire Pudding (Farm Assured Beef)	Roasted Potatoes Seasonal Vegetables	Turkey Fillet in a Bun	Chunky Chips or New Potatoes Garden Peas
	Daily Choice	Tuna Pasta Bake	Crusty Bread Salad Bar	Vegetable Balti with Mixed Rice (V)	Naan Bread Salad Bar	Bird's Eye Salmon Fish Fingers (MSC Approved)	Seasoned Potato Wedges Salad Bar	Tomato and Mascarpone Pasta (V)	Crusty Bread Salad Bar	Cook's Choice of Homemade Pizza (V)	Chunky Chips or New Potatoes Garden Peas
	Spuds 'n' Stuff	Jacket Potato with Choice of Filling (V)	Salad Bar	Selection of Homemade Wraps and Rolls (V)	Hash Brown Salad Bar	Jacket Potato with Choice of Filling (V)	Salad Bar	Homemade Soup with a Toasted Panini (V)	Salad Bar	Jacket Potato with Choice of Filling (V)	Salad Bar
	Just Desserts	Chocolate Pudding and Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Fruit Jelly and Vanilla Ice Cream	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Berry Roly Poly with Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Banana Flapjack	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Cook's Choice of Cookies	Fresh Fruit Bar Fruit Yoghurt Cool Milk

(V)=
Vegetarian
option

Week 2	Monday		Tuesday		Wednesday		Thursday		Friday		
	Hot Heroes Choice	Baked Pork Sausages (Red Tractor Pork)	Creamed Potatoes Baked Beans	Chicken Korma with Mixed Rice	Naan Bread Salad Bar	Minced Beef and Dumplings (Farm Assured Beef)	Creamed Potatoes Baton Carrots	Roast Chicken Fillet with Bisto Gravy and Sage and Onion Stuffing	Roasted Potatoes Seasonal Vegetables	Bird's Eye Omega 3 Fish Fingers (MSC Approved)	Chunky Chips or New Potatoes Sweetcorn
	Daily Choice	Spicy Bean Casserole in an Aunt Bessie's Yorkshire Pudding (V)	Creamed Potatoes Carrots	Tempura Fish Goujons (MSC Approved)	New Potatoes Garden Peas	Roasted Vegetable Lasagne (V)	Herb Bread Salad Bar	Cook's Choice of Pasta (V)	Crusty Bread Salad Bar	Cook's Choice of Homemade Pizza (V)	Chunky Chips or New Potatoes Sweetcorn
	Spuds 'n' Stuff	Jacket Potato with Choice of Filling (V)	Salad Bar	Traditional Butter Pie with Grated Cheese (V)	Sliced Beetroot Garden Peas	Jacket Potato with Choice of Filling (V)	Salad Bar	Hot Filled Sub Roll with Soup	Salad Bar	Jacket Potato with Choice of Filling (V)	Salad Bar
	Just Desserts	Rice Pudding with Strawberry Jam	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Sticky Toffee Sponge and Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Arctic Roll	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Raspberry Bun	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Fruit Cookie	Fresh Fruit Bar Fruit Yoghurt Cool Milk

Week 3	Monday		Tuesday		Wednesday		Thursday		Friday		
	Hot Heroes Choice	Crunchy BBQ Chicken Wrap (Red Tractor Chicken)	Spicy Rice Salad Salad Bar	Traditional Meat and Potato Pie (Farm Assured Beef)	Red Cabbage Mushy Peas	British Beef Burger in a Bun with Tomato Ketchup (Farm Assured Beef)	Seasoned Potato Wedges Coleslaw	Roast Pork Loin with Bisto Gravy and Sage and Onion Stuffing	Roasted Potatoes Seasonal Vegetables	Harry Ramsden's Chip Shop Fish Fillet (MSC Approved)	Chunky Chips or New Potatoes Garden Peas or Baked Beans
	Daily Choice	Vegetable Chilli (V)	1/2 Rice 1/2 Tortilla Chips Salad Bar	Spaghetti Neapolitan (V)	Garlic Bread Salad Bar	Cheese Whirl (V)	Seasoned Potato Wedges Baked Beans	Cheesy Tomato Bake (V)	Crusty Bread Salad Bar	Cook's Choice of Homemade Pizza (V)	Chunky Chips or New Potatoes Garden Peas or Baked Beans
	Spuds 'n' Stuff	Loaded Potato Skins with a Choice of Topping (V)	Mini Corn on the Cob Salad Bar	Homemade Soup with a Sub Roll (V)	Salad Bar	Jacket Potato with Choice of Filling (V)	Salad Bar	Country Bake (V)	Creamed Potatoes Seasonal Vegetables	Jacket Potato with Choice of Filling (V)	Salad Bar
	Just Desserts	Apple and Banana Crisp and Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Peach Melba	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Syrup Sponge Pudding and Custard	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Shortbread Rounds	Fresh Fruit Bar Fruit Yoghurt Cool Milk	Chocolate Cupcake	Fresh Fruit Bar Fruit Yoghurt Cool Milk

Weekly Menu Cycle	Sep/Oct					Oct/Nov					Nov/Dec					Dec/Jan					Jan/Feb					Feb/Mar					Mar/Apr					May																																												
	Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thur	Fri																																								
Week 1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30																				
Week 2	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1																									
Week 3	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2

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 and nutrient 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.