



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)	Brunch with Gammon Steak	Spaghetti Bolognaise (Farm Assured Beef)	Roast Beef with Bisto Gravy and Aunt Bessie's Yorkshire Pudding (Farm Assured Beef)	Fresh Turkey Escalope in a Bun
Daily Choice	Tuna Pasta Bake	Vegetable Balti with Mixed Rice (V)	Bird's Eye Salmon Fish Fingers (MSC Approved)	Tomato and Mascarpone Pasta (V)	Cook's Choice of Homemade Pizza (V)
Spuds 'n' Stuff	Jacket Potato with Choice of Filling (V)	Selection of Homemade Wraps and Rolls (V)	Jacket Potato with Choice of Filling (V)	Homemade Soup with a Toasted Panini (V)	Jacket Potato with Choice of Filling (V)
Just Desserts	Chocolate Pudding and Custard	Fruit Jelly and Vanilla Ice Cream	Berry Roly Poly with Custard	Banana Flapjack	Homemade Cookies

(V)=
Vegetarian
option

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Heroes Choice	Baked Pork Sausages (Red Tractor Pork)	Turkey Korma with Mixed Rice	Minced Beef and Dumplings (Farm Assured Beef)	Roast Chicken Fillet with Bisto Gravy and Sage and Onion Stuffing	Bird's Eye Omega 3 Fish Fingers (MSC Approved)
Daily Choice	Spicy Bean Casserole in an Aunt Bessie's Yorkshire Pudding (V)	Tempura Fish Goujons (MSC Approved)	Roasted Vegetable Lasagne (V)	Cook's Choice of Pasta (V)	Cook's Choice of Homemade Pizza (V)
Spuds 'n' Stuff	Jacket Potato with Choice of Filling (V)	Traditional Butter Pie with Grated Cheese (V)	Jacket Potato with Choice of Filling (V)	Hot Filled Sub Roll with Homemade Soup (V)	Jacket Potato with Choice of Filling (V)
Just Desserts	Homemade Rice Pudding with Strawberry Jam	Sticky Toffee Pudding and Custard	Arctic Roll	Raspberry Bun	Cherry Shortcake

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Heroes Choice	Crunchy BBQ Chicken Wrap (Red Tractor Chicken)	Traditional Meat and Potato Pie (Farm Assured Beef)	British Beef Burger in a Bun with Tomato Ketchup (Farm Assured Beef)	Roast Pork Loin with Bisto Gravy and Sage and Onion Stuffing	Harry Ramsden's Chip Shop Fish Fillet (MSC Approved)
Daily Choice	Vegetable Chilli (V)	Spaghetti Neapolitan (V)	Cheese Whirl (V)	Cheesy Tomato Bake (V)	Cook's Choice of Homemade Pizza (V)
Spuds 'n' Stuff	Loaded Potato Skins with a Choice of Topping (V)	Homemade Soup with a Sub Roll (V)	Jacket Potato with Choice of Filling (V)	Lancashire Root Roast (V)	Jacket Potato with Choice of Filling (V)
Just Desserts	Apple and Banana Crisp and Custard	Peach Melba	Syrup Sponge Pudding and Custard	Shortbread Rounds	Chocolate Cupcake

Weekly Menu Cycle

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

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.