F+ Spring Summer 2023

Serving fantastic lunches everyday - All menus are planned to comply with School Food Standards and all new dishes are tested by children. Our meat is Red Tractor Farm Assured, our fish is MSC certified and we also use a number of Free Range and Organic products throughout the menu. There is always fresh fruit and salad, bread and locally produced yoghurt available daily.

7/4	yoghurt available daily.										
		Monday		Sugarwise Tuesday		Sugarwise Wednesday		Sugarwise Thursday		Friday Favourites	
Choice 1	Crispy Salmon Fillet Fingers	Herby Potatoes & Mixed Vegetable Medley	Booths Meatball Marinara Sub Roll	Paprika Potatoes Garden Peas & Sweetcorn	Roast Beef Yorkshire Pudding & · Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Homemade Chicken or Quorn Curry	Mixed Rice & Naan Bread	Crispy Golden Crumb Fish Fingers	Oven Baked Chips or New Potatoes & Garden Peas	
Choice 2	Filled Free Range Omelette	Herby Potatoes & Baked Beans	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Cooks Choice of French Bread Pizza	Potato Wedges Vegetable Sticks & Dips	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Homemade Pizza Margherita (v)	Oven Baked Chips or Pasta Salad & Sweetcorn	
Choice 3	Tomato & Mascarpone Pasta (v)	Homemade Crusty Bread & Salad Selection	Creamy Veggie & Cheese Pasta (v)	Homemade Crusty Bread & Salad Selection	Pasta Neapolitan (v)	Homemade Crusty Bread & Salad Selection	Cheese & Tomato Pasta Bake (v)	Homemade Crusty Bread & Salad Selection	Selection of filled Wraps or Sandwich Rolls	Oven Baked Chips or New Potatoes & Salad Selection	
Desserts	Vanilla Sponge & Custard	Fruit Selection & Organic Milk	Shortbread Biscuit & Melon Wedges	Fruit Selection & Organic Milk	Lancashire Cheese & Biscuits or Fruit Yoghurt	Fruit Selection & Organic Milk	Fruity Oat Cookie	Fruit Selection & Organic Milk	Chocolate Muffin	Fruit Selection & Organic Milk	
	Meat Free Monday		Sugarwise Tuesday		Sugarwise Wednesday		Sugarwise Thursday		Friday Favourites		
Choice 1	Vegetarian Sausage Roll & Tomato Sauce (v)	Paprika Potatoes Garden Peas & Sweetcorn	Booths Pork & Vegetable Sausages	Creamed Potatoes & Mixed Vegetable Medley	Roast Chicken Yorkshire Pudding & Gravy	Roast Potatoes Seasonal Cabbage & Carrot Batons	Mild Chilli Beef Tacos	Mixed Rice & Broccoli Florets	Harry Ramsden's Crispy Battered Fish Fillet	Oven Baked Chips or New Potatoes & Garden Peas	
Choice 2	Baked Jacket Potato with a Choice of Filling (v)	Freshly Prepared Salad Selection	Cooks Choice of Toasted Panini	Potato Wedges Vegetable Sticks & Dips	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Puff Pastry Cheese Whirl (v)	Herby Potatoes & Baked Beans	Homemade Pizza Margherita (v)	Oven Baked Chips or New Potatoes & Sweetcorn	
Choice 3	Cheese & Tomato Pasta Bake (v)	Homemade Crusty Bread & Salad Selection	• Pasta Arrabbiata (v)	Homemade Crusty Bread & Salad Selection	Creamy Macaroni & Cheese Bake (v)	Homemade Crusty Bread & Salad Selection	Pasta Neapolitan (v)	Homemade Crusty Bread & Salad Selection	Selection of filled Wraps or Sandwich Rolls	Oven Baked Chips or New Potatoes & Salad Selection	
Desserts	Fruit Jelly & Orange Wedges	Fruit Selection & Organic Milk	Carrot Cake Muffin	Fruit Selection & Organic Milk	Chocolate Shortbread Biscuit & Melon Wedges	Fruit Selection & Organic Milk	Coconut Cookie	Fruit Selection & Organic Milk	Summer Treat Dessert	Fruit Selection & Organic Milk	
	Monday		Sugarwise Tuesday		Sugarwise Wednesday		Sugarwise Thursday		Friday Favourites		
Choice 1	Pulled BBQ Chicken Melt Tortilla	Paprika Potatoes & Mixed Vegetable Medley	Swedish Style Veggie Meatballs (v)	Herby Potatoes & Broccoli Florets	Roast Pork Yorkshire Pudding & Gravy'	Roast Potatoes Seasonal Cabbage & Carrot Batons	Booths Beef Burger in a Bun & Tomato Ketchup	Paprika Wedges & Mixed Vegetable Medley	Crispy Golden Crumb Fish Fingers	Oven Baked Chips or New Potatoes & Garden Peas	
Choice 2	Lancashire Butter Pie (v)	Baked Beans & Salad Selection	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Cooks Choice of French Bread Pizza	Potato Wedges Vegetable Sticks & Dips	Baked Jacket Potato with a Choice of Filling	Freshly Prepared Salad Selection	Homemade Pizza Margherita (v)	Oven Baked Chips or Pasta Salad & Sweetcom	
Choice 3	Tomato & Mascarpone Pasta (v)	Homemade Crusty Bread & Salad Selection	Pasta Neapolitan (v)	Homemade Crusty Bread & Salad Selection	Creamy Veggie & Cheese Pasta (v)	Homemade Crusty Bread & Salad Selection	Cheese & Tomato Pasta Bake (v)	Homemade Crusty Bread & Salad Selection	Selection of filled Wraps or Sandwich Rolls	Oven Baked Chips or New Potatoes & Salad Selection	
Desserts	Chocolate Brownie & Chocolate Sauce	Fruit Selection & Organic Milk	Lancashire Cheese & Biscuits or Fruit Yoghurt	Fruit Selection & Organic Milk	Fruity Oat Cookie	Fruit Selection `& Organic Milk	Shortbread Biscuit & Melon Wedges	Fruit Selection & Organic Milk	Chocolate Cookie	Fruit Selection & Organic Milk	
	Choice 2 Choice 3 Desserts Choice 2 Choice 3 Desserts Choice 3 Choice 3 Choice 1	Choice 1 Choice 2 Choice 3 Choice 3 Choice 3 Choice 4 Choice 4 Choice 5 Choice 5 Choice 6 Choice 6 Choice 7 Choice 7 Choice 9 Choice	Choice 1 Choice 2 Filled Fingers Filled Free Range Omelette Choice 3 Tomato & Mascarpone Pasta (v) Choice 1 Choice 1 Choice 2 Fasked Jacket Potato & Salad Selection Choice 3 Choice 3 Choice 3 Choice 4 Choice 5 Choice 6 Choice 9 Choice 1 Choice 9 Choice 1 Choice 9 C	Choice 1 Crispy Salmon Fillet Fingers Choice 2 Filled Free Range Omelette Choice 3 Choice 3 Choice 4 Choice 5 Choice 5 Choice 6 Choice 6 Choice 7 Choice 7 Choice 8 Choice 8 Custard Choice 9 Choice 9 Choice 9 Choice 9 Choice 9 Choice 1 Choice 9 Choice 1 Choice 1 Choice 9 Choice 1 Choice 1 Choice 1 Choice 9 Choice 1 Choice 9 Choice 9 Choice 9 Choice 1 Choice 9 Choice 9 Choice 1 Choice 9 Choice 9	Choice 1 Choice 2 Filled Herby Potatoes Mized Vegetable Meathall Maninara Sub Roll Filled Fingers Herby Potatoes Mized Vegetable Meathall Maninara Sub Roll Filled Fire Range Choice 2 Filled Herby Potatoes Sub Roll Filled Fire Range Choice 3 Filled Herby Potatoes Sub Roll Filled Fire Range Choice 4 Filled Herby Potatoes Sub Roll Fireshly Prepared Salad Selection Filled Fireshly Prepared Salad Selection Filled Fireshly Prepared Salad Selection Filled Fireshly Prepared Fireshly Pr	Choice 1 Crispy Singer Choice 2 Filled Free Range Ornelette Choice 3 Filled (Nedley) Creamy Free Range Ornelette (Nedley) Creamy Cre	Monday Sugarwise Tuesday Sugarwise Wednesday Choice 1 Salmon Field Figure Mixed Vegetable Meadbail Marinary Salmon Field Figure Mixed Vegetable Meadbail Marinary Figure Meadbail Marinary Figure Meadbail Marinary Figure Figure Meadbail Marinary Figure Figure Meadbail Marinary Figure Figure Meadbail Marinary Figure Fig	Monday Sugarwisc Tuesday Sugarwise Wednesday Sugarwisc Tuesday Sugarwise Wednesday Sugarwise Sugarwise Wednesday Sugarwise Sugarwise Wednesday Sugarwise Sugarwise Wednesday Sugarwise Sugarwise	Choice 1 Cray Herby Potations Suparwise Tuesday Sugarwise Wednesday Sugarwise Thursday Choice 1 Sartion Fillar Fillar Sartion Fillar Sartion Fillar Filla	Monday Choice 1 Choice 2 Find Consequence Consequen	

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 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.