



# SAMPLE MENU

## WEEK 1

## WEEK 2

## WEEK 3

### Mega Mondays

### Around the World

### Roast Wednesday

### School Favourites

### Fishy Fridays

Handstretched Cheese & Tomato Pizza (V)  
Vegetable Korma with Rice (VG)  
Five Bean Chilli & Homebaked Tortilla Chips (VG)  
Jacket Potato with Choice of Filling  
Seasoned Diced Potatoes (VG) (GF)  
Sweetcorn (VG) (GF), Green Beans (VG)  
(GF)Salad Bar (VG) (GF), Homemade Bread (V)  
Chocolate Ice Cream Roll (V), Vanilla Cookie (VG)  
Fresh Fruit (VG) (GF), Fruit Yoghurt (V)

Chicken in Katsu Curry Sauce with Rice  
Macaroni Cheese (V)  
Mixed Bean Enchilada (V)  
Jacket Potato with Choice of Filling  
Carrots (VG) (GF), Broccoli (VG) (GF)  
Salad Bar (VG) (GF), Homemade Bread (V)  
Syrup Sponge & Custard (V), Coconut Biscuit (V)  
Fresh Fruit (VG) (GF), Fruit Yoghurt (V)

Roast Chicken (GF)  
Cottage Pie (GF)  
Tomato & Herb Pasta Bake (V)  
Jacket Potato with Choice of Filling  
Skin on Roast Potatoes (VG) (GF)  
Carrot & Swede Mash (VG) (GF), Sweetcorn (VG) (GF)  
Gravy (VG), Salad Bar (VG) (GF)  
Homemade Bread (V), Stuffing (VG)  
Warm Chocolate Brownie (V), Crispy Biscuit (VG)  
Fresh Fruit (VG) (GF), Fruit Yoghurt (V)

Meatballs & Tomato Pasta Bake  
Spanish Quiche & New Potatoes (V)  
Five Bean Paella (VG) (GF)  
Jacket Potato with Choice of Filling  
Garden Peas (VG) (GF), Carrots (VG) (GF)  
Salad Bar (VG) (GF)  
Homemade Garlic & Herb Loaf (V)  
Chocolate Fudge Pudding (V), Banana Slice (VG)  
Fresh Fruit (VG) (GF), Fruit Yoghurt (V)

Fish Fingers  
Sausage Roll (VG)  
Broccoli Pasta Bake (V)  
Jacket Potato with Choice of Filling  
Chips (VG), Garden Peas (VG) (GF)  
Sweetcorn (VG) (GF), Tomato Ketchup (V)  
Salad Bar (GF) (VG), Homemade Bread (V)  
Raspberry Bun (V), Fruity Flapjack (VG)  
Fresh Fruit (VG) (GF), Fruit Yoghurt (V)

Handstretched Cheese & Tomato Pizza (V)  
Plant Based Spaghetti Bolognese (VG)  
Coconut, Lentil & Chickpea Dhal with  
Wholegrain Rice (VG) (GF)  
Jacket Potato with Choice of Filling  
Oven Baked Jacket Wedges (VG) (GF)  
Mexican Sweetcorn (VG) (GF), Garden Peas (VG) (GF)  
Salad Bar (VG) (GF), Homemade Bread (V)  
Vanilla Ice Cream (V) (GF), Lemon Cookie (VG)  
Fresh Fruit (VG) (GF), Fruit Yoghurt (V)

Oven Baked Sausages  
Cauliflower Cheese Loaded Yorkie (V)  
Roast Lentil & Chickpea Loaf (VG)  
Jacket Potato with Choice of Filling  
Mashed Potatoes (VG) (GF), Broccoli (VG) (GF)  
Savoy Cabbage (VG) (GF), Gravy (VG)  
Salad Bar (VG) (GF), Homemade Bread (V)  
Pear & Chocolate Sponge & Custard (V)  
Oat Cookie (VG), Fresh Fruit (VG) (GF), Fruit Yoghurt (V)

Roast Gammon Joint (GF)  
Five Bean Stew & Rice (VG) (GF)  
Seasonal Vegetable Strudel (VG)  
Jacket Potato with Choice of Filling  
Skin on Roast Potatoes (VG) (GF), Carrots (VG) (GF)  
Sweetcorn (VG), Gravy (VG), Salad Bar (VG) (GF)  
Homemade Bread (V)  
Chocolate Crispie Cake (V), Rainbow Muffin (V)  
Fresh Fruit (VG) (GF), Fruit Yoghurt (V)

Beef Pasta Bolognese  
Cheese and Tomato Pin Wheel & Pasta Salad (V)  
Lancashire Vegetable Hot Pot (VG) (GF)  
Jacket Potato with Choice of Filling  
Carrots (VG) (GF), Cauliflower (VG) (GF)  
Salad Bar (VG) (GF)  
Homemade Garlic & Herb Bread (V)  
Jam & Coconut Sponge & Custard (V)  
Shortbread Biscuit (VG), Fresh Fruit (VG) (GF)  
Fruit Yoghurt (V)

Fish Fingers  
Caribbean Pasta Bake (V)  
Salmon Salad (GF)  
Jacket Potato with Choice of Filling  
Chips (VG), Garden Peas (VG) (GF), Baked Beans (VG)  
Tomato Ketchup (VG), Salad Bar (GF) (VG)  
Homemade Bread (V)  
Gingerbread Man (VG), Iced Chelsea Bun (VG)  
Fresh Fruit (VG) (GF), Fruit Yoghurt (V)

Handstretched Cheese & Tomato Pizza (V)  
Pasta Neapolitan (VG)  
Baked Bean Quesadilla (V)  
Jacket Potato with Choice of Filling  
Oven Baked Jacket Wedges (VG) (GF)  
Sweetcorn (VG) (GF), Green Beans (VG) (GF)  
Salad Bar (VG) (GF), Homemade Bread (V)  
Chocolate Ice Cream (V), Traditional Flapjack (VG)  
Fresh Fruit (VG) (GF), Fruit Yoghurt (V)

Creamy Pasta Carbonara  
All Day Breakfast  
All Day Vegetarian Breakfast (V)  
Jacket Potato with Choice of Filling  
Baked Beans (VG) (GF), Garden Peas (VG) (GF)  
Salad Bar (VG) (GF), Homemade Bread (V)  
Apple Crumble & Custard (V)  
Lancashire Cookie (VG)  
Fresh Fruit (VG) (GF), Fruit Yoghurt (V)

Roast Chicken (GF)  
Tomato & Herb Roasted Quorn Fillet  
Vegetarian Sausage Casserole (VG)  
Jacket Potato with Choice of Filling  
Mashed Potatoes (GF) (VG), Savoy Cabbage (VG)  
Vegetable Medley (VG), Gravy (VG), Salad Bar (VG) (GF)  
Homemade Bread (V), Stuffing (VG)  
Rainbow Jelly with Peaches (GF)  
Oat & Sultana Cookies (VG), Fresh Fruit (VG) (GF)  
Fruit Yoghurt (V)

Breaded Chicken  
Cheese & Sage Sausage Roll (V)  
Sweet Potato, Courgette & Pea Frittata (V) (GF)  
Jacket Potato with Choice of Filling  
New Potato Salad (VG) (GF), Boston BBQ Beans (VG)  
Broccoli (VG) (GF), Salad Bar (VG) (GF)  
Homemade Bread (V)  
Chocolate Fudge Tart (V),  
Grasmere Gingerbread (VG), Fresh Fruit (VG) (GF)  
Fruit Yoghurt (V)

Fish Fingers  
Baked Bean Melt (V)  
Potato, Spinach & Chick Pea Curry  
& Wholegrain Rice (VG) (GF)  
Jacket Potato with Choice of Filling  
Chips (VG), Garden Peas (VG) (GF)  
Sweetcorn (VG) (GF), Tomato Ketchup (V)  
Salad Bar (GF) (VG), Homemade Bread (V)  
Orange Sponge with Chocolate & Orange Custard  
Rock Cake Jammie Dodger  
Fresh Fruit (VG) (GF), Fruit Yoghurt (V)

v = Vegetarian | vg = Vegan | \*gf = Gluten Free  
For full allergen information please refer to your School Grid Account. \*Gluten free products are prepared in a kitchen that handles products containing gluten.