

Lancasterian Primary School

A safe and welcoming learning community where:

- we all aim high;
- everyone is included;
- creativity is valued



Week One Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Main				
Spaghetti Napolitano (Glutton free pasta option)	Chicken sausage in a hot dog roll	Burger and chips	Sweet & Sour chicken served with noodles (E)	MSC Fish fingers served with oven chips (G)
Courgette Frittata (D)	Quorn hot dog	Vegetable Burger	Vegetable chow main	Vegetable nuggets served with chips (G) (G.F Veg Nuggets option)
Jacket potato with cheese or tuna (D)(F)	Jacket potato with cheese or tuna (D)(F)	Jacket potato with coleslaw	Jacket potato with cheese or tuna	Jacket potato with Beans
Vegetables				
Glazed carrots & cauliflower	Seasonal greens	Steamed broccoli & cauliflower mix	Carrots & peas	Peas & sweetcorn mix
Dessert				
Fruit salad	Poached pear & chocolate custard (D)	Rhubarb crumble with custard Cut fruit and yogurt	Bakewell Tart (nut free) Cut fruit and yogurt	Ice Cream Cut fruit and yogurt

ALERGIN ADVICE: E = CONTAINS EGG D= DAIRY G = CONTAINS GLUTON F =FISH

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Week Two Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Main				
Mac & Cheese (G) (D)	BBQ Chicken with rice	Lamb & apricots Served with couscous	chicken Biryani Naan Bread	Cajun salmon with jacket wedges (F)
Pasta twists with cherry toms	Vegetable Nuggets	Roasted vegetables & couscous	Vegetable Biryani Naan	Cheese and tomato fan
Jacket potato with Chees or Tuna	Jacket potato with tuna & sweetcorn	Jacket Potato with chili	Jacket potato with cheese	Jacket potato with vegetable curry
Vegetables				
Green beans	Diced swede and carrots	Peas & Sweetcorn	Cauliflower & carrots	Garden peas
Dessert				
Fruit whip with summer berries or Yogurt	Cherry & Apple pie Apple compote for G.F Option Or Cut fruit and yogurt	Chocolate cake with chocolate sauce Or Cut fruit & yogurt	Flap jack Or Melon and yogurt	Fruit Jelly, Carrot cake Or Fruit & yogurt

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Week Three Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Main				
Vegetable Ratatouille With basmati (G)	Crusty Pizza Baguette With peppers (G) (D)	Breaded chicken with rice	Lamb cannelloni (D) (G)	Fish Fingers & Chips (G)
Glutton Free pasta with nut free basil pesto	Glutton free pizza	Vegetable Nuggets with rice	Butternut and bean Cannelloni	Vegetable stir-fry with noodles
Jacket potato with cheese	Jacket potato with baked beans	Jacket potato with tuna & mayonnaise	Jacket potato with cheese	Twice backed Jacket potatoes
Vegetables				
Green beans and Carrots	Sweetcorn & peppers	Steamed mixed vegetables	Broccoli florets	Beans
Dessert				
Peaches and Cream (D) or Cut fruit & yogurt	Strawberry mouse or watermelon. (D) or Cut fruit & yogurt	Ginger sponge with custard (D) or Cut fruit & yogurt	Fruit jelly	Ice-cream Fruit & yogurt

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Afterschool Club Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Option 1				
Lamb samosa	BBQ chicken wing	Homemade Chicken sausage rolls	Chicken pattie	Margarita pizza
Option 2 (Vegetarian)				
Vegetable samosa	Veg Nuggets	Homemade Vegetable sausage rolls	Vegetable patty	Margarita pizza
Option 1				
Cheese and tomato tortilla	Lamb Burgers	Lasagna & garlic bread	Hot dogs	Pancakes
Option 2 (Vegetarian)				
Cheese and tomato tortilla	Veggie burgers	Lasagne & garlic bread	Veggie dogs	Pancakes with Spread

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