

Lancasterian Primary School

A safe and welcoming learning community where:

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



Week One Menu

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main				
Butternut & sweet potato Korma Served with rice (D)	Chicken sausages with onion, mash and gravy (G) (D)	Tuna pasta bake. (G)(F) (D)	Chicken Jellof rice	MSC Fish Fingers served with oven chips. (F)
Butternut & sweet potato Korma Served with rice (ND)	Quorn Sausages with onion mash and gravy (G) (ND)	Tomato pasta bake. (G)(ND)	Vegetable Jellof rice	Vegetable nuggets served with chips. (ND)
Jacket potato with cheese or tuna (D)(F)	Jacket potato with cheese or tuna (D)(F)	Jacket potato with coleslaw (D)	Jacket potato with Beans (ND)	Jacket potato with ratatouille (ND)
Vegetables				
Glazed carrots & cauliflower	Seasonal greens	Steamed broccoli and cauliflower mix	Carrots and peas	Peas and sweetcorn mix
Dessert				
Apple & cinnamon Crumble Cut fruit and yogurt (D)	Poached Pear & chocolate custard (D)	Baked vanilla cheese cake (D)(G)(E)	Coconut flap jacks Cut fruit and yogurt (D)	Arctic Roll Cut fruit and yogurt (D) (E)
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

ALLERGEN SYMBOLS: **G** = CONTAINS GLUTEN, **E** = CONTAINS EGG

D = CONTAINS DAIRY, **F** = FISH, **ND** = NON- DAIRY

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Week Two Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Main				
Spaghetti Napolitano (ND)	Mild jerk chicken Rice and peas	shepherds pie (G)	Lamb curry	Cajun Salmon with jacket wedges (F)
Cheese & Tomato pasta bake (F)(D)	Vegetable burger (G)(ND)	Vegie Shepherd's Pie (D)	Veg curry	Cheese and tomato Flan (D)
Jacket Potato with Cheese or tuna (D)(F)	Jacket potato with tuna and sweetcorn (F)	Jacket potato with chilli (ND)	Jacket potato with cheese (D)	Jacket potato with vegetables curry (ND)
Vegetables				
Green beans	Diced swede & carrots	Peas & sweetcorn	Cauliflower & carrots	Garden peas & spaghetti rings
Dessert				
Fruit whip or Yogurt (D)	Pineapple Cake with Custard (D)	Chocolate cake with chocolate sauce(D)(G)(E) Or Cut fruit & yogurt (D)	Banana loaf (D) Or Cut fruit and yogurt (D)	Fruit Jelly Or Fruit & yogurt (D)
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

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Week Three Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Main				
Veg lasagna with garlic bread (D)(G)	Tandoori chicken Bombay potatoes & Naan Bread	Beef Lasagna with garlic bread	Marguerite Pizza & jacket wedges (D)	Fish Bites and chips. (F)(ND)
Veg lasagna with garlic bread (D)(G)	Vegetable Biryani	Cherry Tomato Pasta (ND)	Pasta Neapolitan. (ND)	Vegetable stir fry with noodles. (ND)
Jacket potato with baked beans (ND)	Jacket potato with cheese or tuna (F)(D)	Jacket potato with tuna & mayonnaise (F)(D)	Jacket potato with cheese (D)	Double baked jacket potato (ND)
Vegetables				
Green beans & carrots	Sweetcorn & peppers	Steamed mixed vegetables	Broccoli florets	Beans
Dessert				
Autumn fruit oat crumble & custard (D) or Cut fruit & yogurt (D)	Date cake slice (D)(E) or Cut fruit & yogurt (D)	Rice pudding with jam (D) or Cut fruit & yogurt (D)	Treacle sponge with custard (D)(G)	Ice-cream (D) Or Cut fruit & yogurt (D)
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

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Afterschool Club Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Option 1				
Lamb samosa	BBQ chicken wings	Homemade chicken sausage rolls	Chicken pattie	Margarita pizza
Option 2 (Vegetarian)				
Vegetable samosa	Vegetable nuggets	Homemade vegetable sausage rolls	Vegetable pattie	Margarita pizza
Option 1				
Cheese & tomato tortilla	Lamb burgers	Lasagne & garlic bread	Hot dogs	Pancakes with jam or chocolate spread
Option 2 (Vegetarian)				
Cheese & tomato tortilla	Veggie burgers	Lasagne & garlic bread	Veggie dogs	Pancakes with jam or chocolate spread

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