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 Sugarwise Wednesday Monday Sugarwise Thursday **Friday Favourites** Sugarwise Tuesday Oven Baked Chips Herby Potatoes Roast Beef Roast Potatoes Paprika Potatoes Crispy Crispy Salmon Fillet Booths Homemade Mixed Rice Seasonal Cabbage or New Potatoes & Garden Peas Yorkshire Pudding Golden Crumb Choice 1 Meatball Marinara Chicken or Quorn & Mixed Vegetable & & & & Fingers Fish Fingers Naan Bread Sub Roll Curry Carrot Batons Garden Peas Medley Sweetcorn Gravy Potato Wedges Homemade Oven Baked Chips Filled **Baked Jacket Potato** Neek Herby Potatoes Baked Jacket Potato Cooks Choice Freshly Prepared Vegetable Sticks Pizza or Pasta Salad Freshly Prepared Choice 2 Free Range with a 2 with a of & Salad Selection Margherita & Salad Selection Omelette Baked Beans Choice of Filling Choice of Filling French Bread Pizza Dips (v) Sweetcorn Tomato Homemade Creamy Homemade Homemade Selection of filled Oven Baked Chips Homemade Cheese & Tomato Pasta & Mascarpone Crusty Bread Veggie & Cheese Crusty Bread Crusty Bread Crusty Bread Wraps or New Potatoes Choice 3 Pasta Bake Neapolitan Pasta & & Pasta & & or & (v) (v) (v) Salad Selection (v) Salad Selection Salad Selection Salad Selection Sandwich Rolls Salad Selection Lancashire Vanilla Sponge Fruit Selection Shortbread Biscuit Fruit Selection Fruit Selection Fruit Selection Fruit Selection Fruity Chocolate Cheese & Biscuits Desserts & & & & & & Oat Cookie Muffin or Custard Organic Milk Melon Wedges Organic Milk Organic Milk Organic Milk Organic Milk Fruit Yoghurt Sugarwise Wednesday **Meat Free Monday** Sugarwise Tuesday Sugarwise Thursday **Friday Favourites** Vegetarian Paprika Potatoes Oven Baked Chips Roast Potatoes Creamed Potatoes Roast Chicken Sausage Roll Booths Mild Mixed Rice Harry Ramsden's Garden Peas Yorkshire Pudding Seasonal Cabbage or New Potatoes & Choice 1 Chilli Beef Crispy Battered & Pork & Vegetable & & Mixed Vegetable & & & Fish Fillet Tomato Sauce Sausages Tacos Broccoli Florets Garden Peas Sweetcorn Medley Carrot Batons Gravv (V) **Baked Jacket Potato** Puff Pastry Oven Baked Chips Potato Wedges Homemade Herby Potatoes Cooks Choice **Baked Jacket Potato** Neek with a Freshly Prepared Freshly Prepared Cheese Pizza or New Potatoes Vegetable Sticks Choice 2 of with a Choice of Filling Salad Selection & Salad Selection Whirl Margherita 8 Toasted Panini **Baked Beans** Choice of Filling Dips (v) Sweetcorn (V) (v) Homemade Homemade Creamy Homemade Homemade Selection of filled Oven Baked Chips Cheese & Tomato Pasta Pasta Crusty Bread Crusty Bread Macaroni & Cheese Crusty Bread Crusty Bread Wraps or New Potatoes Choice 3 Pasta Bake Arrabbiata Neapolitan Bake or & & (v) (v) (v) Sandwich Rolls Salad Selection Salad Selection Salad Selection (v) Salad Selection Salad Selection Chocolate Fruit Jelly Fruit Selection Fruit Selection Fruit Selection Fruit Selection Summer Fruit Selection Carrot Cake Shortbread Biscuit Coconut Desserts & Treat & Muffin & Cookie Orange Wedges Organic Milk Organic Milk Organic Milk Organic Milk Dessert Organic Milk Melon Wedges Monday Sugarwise Tuesday Sugarwise Wednesday Sugarwise Thursday **Friday Favourites** Paprika Potatoes Roast Pork Booths Beef Burger Paprika Wedges Roast Potatoes Oven Baked Chips Herby Potatoes Pulled Swedish Style Crispy & Yorkshire Pudding Seasonal Cabbage in a Bun & or New Potatoes Choice 1 **BBQ Chicken Melt** Veggie Meatballs Golden Crumb Mixed Vegetable Mixed Vegetable 8 & & . . & Fish Fingers Tortilla (v) Broccoli Florets Medley Carrot Batons Tomato Ketchup Medley Garden Peas Gravy Potato Wedges Oven Baked Chips Homemade **Baked Jacket Potato** Lancashire Baked Beans Cooks Choice **Baked Jacket Potato** Veek Freshly Prepared Vegetable Sticks Freshly Prepared Pizza or Pasta Salad Choice 2 **Butter Pie** with a with a of Salad Selection Salad Selection Margherita & & Choice of Filling Salad Selection Choice of Filling French Bread Pizza (v) Dips Sweetcorn (v)

Homemade Selection of filled Oven Baked Chips Tomato Homemade Creamy Homemade Homemade Pasta Cheese & Tomato Veggie & Cheese or New Potatoes & Mascarpone Crusty Bread Crusty Bread Crusty Bread Crusty Bread Wraps Choice 3 Neapolitan Pasta Bake Pasta & Pasta & or & & (v) (v) (v) Salad Selection Salad Selection Salad Selection Salad Selection Sandwich Rolls Salad Selection (v) Lancashire Chocolate Brownie Fruit Selection Fruit Selection Shortbread Biscuit Fruit Selection Fruit Selection Fruit Selection Cheese & Biscuits Fruity Chocolate **Desserts** & & & & 8 & & or Oat Cookie Cookie Organic Milk Chocolate Sauce Organic Milk Organic Milk Organic Milk Melon Wedges Organic Milk Fruit Yoghurt