

## Lunchtime



We encourage all children to try school dinners and access the free meal provided. If your child has food allergies or other dietary needs please let us know; we can cater for these and alternatives can be provided. The children enjoy sitting together in the Hall and have the choice of a main meal and pudding. They can also choose from the salad bar and are offered milk or water to drink.

Reception are the first sitting and have 10 minutes in the empty Hall before the rest of school join them at 12.00. There are plenty of welfare staff to support them and the Reception teachers stay and eat with them for the first week. Children carry their own trays, are encouraged to use their knife and fork and tidy away their things after finishing. Miss Summers (Chestnut Teaching Assistant) also works part of the lunch hour so that there is always a familiar adult in the playground. Once the children have eaten they then go out to play on the big playground with Year 1 and Year 2. Year 2 have second sitting so the playground is quieter for a short period of time.

More information about the types of meals can be found on the Lancashire Lunches Site <https://www.lancashire.gov.uk/catering/food-solutions/menu-types/>

There is a three week cycle for the menu offering a range of different meal choices. In the morning we talk with the children about the options and then they choose at the hatch when they go for lunch.

This is an example of one of the menus. More can be found on the website above.

**F Spring Summer 2020**

# Menu

**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.

	Monday	Tuesday	Wednesday	Thursday	Friday Favourites
<b>Week 1</b> Menu running: 27th April, 18th May, 18th & 29th June, 20th July, 13th & 21st August, 21st & 28th September, 12th October	<b>Choice 1</b> Pork or Veggie Sausages & Onion Gravy Creamed Potatoes & Carrot Batons	BBQ Chicken Flatbread Potato Wedges Garden Peas & Sweetcorn	Roast Beef Yorkshire Pudding & Gravy Roast Potatoes Seasonal Cabbage & Carrot Batons	Homemade Chicken Curry Mixed Rice & Naan Bread	Chunky Fish Finger Wrap Oven Baked Chips or New Potatoes & Garden Peas
	<b>Choice 2</b> Crispy Bubble Coated Salmon Herby Potatoes & Garden Peas	Homemade Pasta Neapolitan (v) Homemade Garlic Dough Balls & Salad Selection	Lancashire Cheese & Vegetable Omelette (v) Half Baked Potato & Baked Beans	Homemade Butter Pie (v) Broccoli Florets & Sliced Beetroot	Homemade Pizza Margherita (v) Oven Baked Chips or New Potatoes & Sweetcorn
	<b>Choice 3</b> Cheese & Tomato French Bread Pizza (v) Herby Potatoes & Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Fillings Freshly Prepared Salad Selection	Cheddar Cheese & Tuna Panini Melt Tortilla Chips & Freshly Prepared Salad Selection	Soft Tortilla Wrap with a Choice of Fillings Paprika Potatoes & Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Fillings Freshly Prepared Salad Selection
	<b>Desserts</b> Apple Sponge & Custard Fruit Yoghurt Fruit Selection Organic Milk	Shortbread Biscuit & Melon Wedges Fruit Yoghurt Fruit Selection Organic Milk	Strawberry Ice Cream Sponge Roll Fruit Yoghurt Fruit Selection Organic Milk	Carrot Cake Muffin Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Cookie & Milkshake Fruit Yoghurt Fruit Selection Organic Milk
<b>Week 2</b> Menu running: 4th & 25th May, 15th June, 8th & 27th July, 7th August, 7th & 28th September, 19th October	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday Favourites
	<b>Choice 1</b> Vegetarian Brunch (v) Hash Brown & Baked Beans	Beef & Vegetable Chili Tortilla Basket Paprika Potatoes & Broccoli Florets	Roast Chicken Sage Stuffing & Gravy Baby Potatoes Seasonal Cabbage & Carrot Batons	British Beef Burger in a Bun & Tomato Ketchup Potato Wedges Garden Peas & Sweetcorn	Crispy Battered Fish Oven Baked Chips or New Potatoes & Mushy Peas
	<b>Choice 2</b> Tomato & Mascarpone Pasta (v) Homemade Garlic Dough Balls & Salad Selection	Puff Pastry Cheese Whirl (v) Paprika Potatoes & Baked Beans	Quorn Tikka Masala Curry (v) Mixed Rice & Naan Bread	Four Cheese Ravioli & Tomato Sauce (v) Homemade Garlic Bread & Salad Selection	Friday Picnic Veggie Sausage Roll & Mini Pizza (v) Oven Baked Chips or New Potatoes & Baked Beans
	<b>Choice 3</b> Cheddar Cheese Panini Melt (v) Hash Brown & Garden Peas	Baked Jacket Potato with a Choice of Fillings Freshly Prepared Salad Selection	Vegetable Finger Wrap & Mayonnaise (v) Baby Potatoes & Freshly Prepared Salad Selection	Baked Jacket Potato with a Choice of Fillings Freshly Prepared Salad Selection	Soft Tortilla Wrap with a Choice of Fillings Oven Baked Chips & Freshly Prepared Salad Selection
<b>Desserts</b> Raspberry Panini Coconut Bun Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Crunch & Mandarins Fruit Yoghurt Fruit Selection Organic Milk	Vanilla Ice Cream & Peaches Fruit Yoghurt Fruit Selection Organic Milk	Oaty Biscuit & Apple Slices Fruit Yoghurt Fruit Selection Organic Milk	Summer Treat Dessert Fruit Yoghurt Fruit Selection Organic Milk	

We do our best to encourage the children to choose from the main meal options (choice 1 or 2) so that they are having a varied and balanced diet. Sandwiches and jacket potatoes aren't always available so we would encourage you to talk about all the different options to help your child decide. It often helps to have the menu at home and talk about the dinner choices at breakfast time or on the way to school.

