



**LANCASTER SCHOOL
MENU**
(all meat and vegetables are locally sourced)
WEEK ONE
7 September 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st choice	Jacket potato with a choice of filling = cheese, beans, tuna and salad	Roast vegetable fajitas served with herb diced potatoes. GF - Wraps	Roast turkey with stuffing, roast potatoes and seasonal vegetables V – Cheese and broccoli bake	Homemade lamb hotpot served with seasonal vegetables V – Quorn pieces hot pot	Quorn southern style burger with oven baked chips and spaghetti rings. GF - Ham hock
2nd choice	Filled wholemeal baguette or wrap with a choice of filling: Chicken: egg mayonnaise; tuna; cheese; ham, bacon lettuce & tomato Served with salad and a shortbread biscuit				
Dessert	Fruit Yoghurt Dried fruit	Fruit Yoghurt Dried fruit	Fruit Yoghurt Dried fruit	Angel Delight Fruit Yoghurt Dried fruit	Fruit Yoghurt Dried fruit

Fresh fruit, yoghurts and wholemeal bread available daily
Vegetarian options available for students who do not eat fish, on request
All meals gluten free or if not alternative option highlighted





**LANCASTER SCHOOL
MENU**
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WEEK TWO
14 September 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st choice	Homemade Quorn spaghetti bolognaise with garlic bread and salad GF – Spaghetti	Homemade fish pie served with seasonal vegetables	Roast gammon steak with pineapple, roast potatoes and seasonal veg V- Quorn fillet	Homemade sausage casserole served with rice and brog GF- sausage V - Sausage	Pizza with oven baked chips and baked beans GF- Pizza
2nd choice	Filled wholemeal baguette or wrap with a choice of filling: Chicken; egg mayonnaise; tuna; cheese; ham, bacon lettuce & tomato Served with salad and a shortbread biscuit				
Dessert	Fruit yoghurt Dried fruit	Fruit yoghurt Dried fruit	Fruit yoghurt Dried fruit	50% Fruit jelly	Fruit yoghurt Dried fruit

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WEEK THREE
21 September 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st choice	Macaroni cheese with cauliflower and pancetta served with salad V- Macaroni cheese GF-Macaroni cheese	Homemade chicken and mushroom pie with sweet potato mash and broccoli V- veg pie	Linda McCartney sausage with mash potatoes and seasonal veg GF- sausage	Lasagne served with garlic bread and rocket salad GF – lasagne V - lasagne	Fish finger oven baked chips with mushy peas GF – fish fingers
2nd choice	Filled wholemeal baguette or wrap with a choice of filling: Chicken; egg mayonnaise; tuna; cheese; ham, bacon lettuce & tomato Served with salad and a shortbread biscuit				
Dessert	Fruit yoghurt Dried fruit	Fruit yoghurt Dried fruit	Fruit yoghurt Dried fruit	Fruit yoghurt Dried fruit	Fruit yoghurt Dried fruit

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