



# Lowca Community School Menu

## Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main course</b>	<b>Main course</b>	<b>Main course</b>	<b>Main course</b>	<b>Main course</b>
Cheese and tomato pizza Pepperoni pizza Quiche Lorraine Filled jacket potato	Toad in the hole Moussaka  Filled jacket potato	Roast chicken and stuffing Lasagne  Filled jacket potato	Spaghetti Bolognese Sweet and sour stir fry with noodles  Filled jacket potato	Breaded cod Cod and salmon fishcake  Filled jacket potato
<b>Veg and potatoes</b>	<b>Veg and potatoes</b>	<b>Veg and potatoes</b>	<b>Veg and potatoes</b>	<b>Veg and potatoes</b>
Baked Beans Baby carrots Mashed potato	Farmhouse vegetables Cauliflower and broccoli Boiled potatoes Tarragon potatoes	Sliced carrots Brussel sprouts Herb roasted potatoes	Garden peas Sweetcorn Mashed potatoes	Baked beans Mixed vegetables Sauté potatoes
<b>Fillings and salads</b>	<b>Fillings and salads</b>	<b>Fillings and salads</b>	<b>Fillings and salads</b>	<b>Fillings and salads</b>
Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw	Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw	Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw	Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw	Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw
Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread
<b>Sweet</b>	<b>Sweet</b>	<b>Sweet</b>	<b>Sweet</b>	<b>Sweet</b>
Rice pudding Assorted fresh fruit Yoghurt	Apple crumble and custard Assorted fresh fruit Yoghurt	Chocolate sponge and chocolate orange sauce Assorted fresh fruit Yoghurt	Jam scone Assorted fresh fruit Yoghurt	Jelly and ice-cream Assorted fresh fruit Yoghurt

## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main course</b>	<b>Main course</b>	<b>Main course</b>	<b>Main course</b>	<b>Main course</b>
Cheese and tomato puff slice Omelette Filled jacket potato	Beef steakette Cauliflower and broccoli moray Filled jacket potato	Roast pork and stuffing Lasagne Filled jacket potato	Sliced gammon and gravy Cornish pasty Filled jacket potato	Breaded cod Cod and salmon fishcake Filled jacket potato
<b>Veg and potatoes</b>	<b>Veg and potatoes</b>	<b>Veg and potatoes</b>	<b>Veg and potatoes</b>	<b>Veg and potatoes</b>
Baked Beans Baby carrots Mashed potato	Farmhouse vegetables Cauliflower and broccoli Boiled potatoes Tarragon potatoes	Sliced carrots Brussel sprouts Herb roasted potatoes	Garden peas Sweetcorn Mashed potatoes	Baked beans Mixed vegetables Sauté potatoes
<b>Fillings and salads</b>	<b>Fillings and salads</b>	<b>Fillings and salads</b>	<b>Fillings and salads</b>	<b>Fillings and salads</b>
Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw	Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw	Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw	Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw	Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw
Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread
<b>Sweet</b>	<b>Sweet</b>	<b>Sweet</b>	<b>Sweet</b>	<b>Sweet</b>
Jam sponge and custard Assorted fresh fruit Yoghurt	Rice pudding Assorted fresh fruit Yoghurt	Chocolate marble and custard Assorted fresh fruit Yoghurt	Fruit crumble and custard Assorted fresh fruit Yoghurt	Fruit cocktail and ice-cream Assorted fresh fruit Yoghurt

## Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main course</b>	<b>Main course</b>	<b>Main course</b>	<b>Main course</b>	<b>Main course</b>
Cheese and tomato pizza Ham and pineapple pizza Filled jacket potato	Chicken escalope with pasta swirls Shepherds pie Filled jacket potato	Roast turkey and stuffing Lasagne Filled jacket potato	Sausage roll Lancashire hotpot Filled jacket potato	Breaded cod Cod and salmon fishcake Filled jacket potato
<b>Veg and potatoes</b>	<b>Veg and potatoes</b>	<b>Veg and potatoes</b>	<b>Veg and potatoes</b>	<b>Veg and potatoes</b>
Baked Beans Baby carrots Mashed potato	Farmhouse vegetables Cauliflower and broccoli Boiled potatoes Tarragon potatoes	Sliced carrots Brussel sprouts Herb roasted potatoes	Garden peas Sweetcorn Mashed potatoes	Baked beans Mixed vegetables Sauté potatoes
<b>Fillings and salads</b>	<b>Fillings and salads</b>	<b>Fillings and salads</b>	<b>Fillings and salads</b>	<b>Fillings and salads</b>
Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw	Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw	Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw	Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw	Grated cheese Baked beans Tuna mayonnaise Lettuce Tomato Cucumber Coleslaw
Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread
<b>Sweet</b>	<b>Sweet</b>	<b>Sweet</b>	<b>Sweet</b>	<b>Sweet</b>
Chocolate sponge and chocolate sauce Assorted fresh fruit Yoghurt	Strawberry Choux bun Assorted fresh fruit Yoghurt	Jam sponge and custard Assorted fresh fruit Yoghurt	Fruit filo parcel and custard Assorted fresh fruit Yoghurt	Fruit cocktail and icecream Assorted fresh fruit Yoghurt