

Lunchtime Menu – Week P £2.20

Dinners	Puddings
Monday	
Pasta Mediterranean - simmered in a rich Tomato and Garlic Sauce Hot Chicken Wrap -with salad and lemon mayonnaise Panini/Jacket Potato - with assorted fillings and Salad	Creamy Rice Pudding served with Raspberry Jam or Fruit Yoghurt
Tuesday	
Chilli Beef – Fresh Local Beef simmered rich vegetables in a tomato and garlic sauce with red kidney beans Italian Style Pizza - Crisp bread base, with a Mediterranean tomato and basil sauce, with a cheese or cheese and pepper topping Sandwich/Jacket Potato – With assorted fillings and salad	Apple Crumble with Vanilla Custard or Fresh Fruit
Wednesday	
Beef and Vegetable Hot Pot Preston’s own Cheese and Butter Pie Panini/Jacket Potato - with assorted fillings	Raspberry jammy Bun or Fresh Fruit Salad
Thursday	
Roast Chicken – with sage and onion stuffing Vegetable Madras – A selection of fresh vegetables and brown lentils in a mild curry sauce Sandwich/Jacket Potato – With assorted fillings and salad	Citrus Fruit Sponge and Custard or Fruit Yoghurt
Friday	
Cod Fish Fingers rich in Omega 3 Vegetable spring Roll – with savoury Rice Panini/Jacket Potato - with assorted fillings and Salad	Chocolate ice cream or Fruit Yoghurt
All main meals are accompanied by hot seasonal vegetables, or fresh salad items, and either potatoes, rice, pasta, chapattis, or naan bread, as appropriate. In addition, bread and fresh fruit will be available daily.	



Schools Awards
Outstanding School Dinners
 2010



Schools Awards
Healthy Eating Award
 2011