



Primary School Menu

From: 24thth April – 29th October 2017

A variety of the following is available daily from the deli bar:

Assorted bread, choice of salad items, a variety of seasonal fruit pieces, both fresh & dry, vegetable sticks and one of the following; pasta, cous cous or rice dish.

Yoghurt, water, semi-skimmed milk or juice is also available daily.

Menu Notes For Parents

1. Contains Salmon & Pollock
2. Contain Carrots
3. Quorn Mince
4. Quorn Mince
5. Contains Salmon
6. Contains Salmon
7. Strawberry, Raspberry or Mango
8. British Bacon
9. Banana, Apple or Mandarin



St. Helens Council



Week 1

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| Farm Assured Chicken Bites, BBQ Dip | Spaghetti Bolognese, Garlic Bread | Roasted Chicken Breast with Gravy | Pork Meatballs ² with Gravy | Battered Fish Fillet |
| Fish Pie ¹ | Cheese Flan (v) | Macaroni Cheese (v) | Soft Tortilla Taco with Chilli ³ & Cheese (v) | Home-made Pizza Cheese & Tomato (v) / Ham & Pineapple |
| Hand-made Packed Lunch | Hand-made Packed Lunch | Jacket Potato | Hand-made Packed Lunch | Jacket Potato |
| Seasoned Diced Potatoes Seasonal Vegetables | ½ Jacket Potato Seasonal Vegetables | Roast Potatoes Seasonal Vegetables | Mashed Potato; Cous-Cous Seasonal Vegetables | Chips Peas & Sweetcorn |
| Raspberry Ripple Mousse | Scotch Pancake with Toffee Sauce & Banana Slices | Fresh Fruit Segments & Raisins with Fruit Yogurt | Chocolate Surprise Cake | Oat & Raisin/Chocolate Cookie with Fresh Fruit Slices |

Week 2

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|---|--|---|---|
| Pork Sausage with Gravy | Chicken Curry with Naan Bread | Roasted Bacon Loin ⁸ | Chicken, Ham & Sweetcorn Pasta | Battered Fish Fillet |
| Lasagne ⁴ (v) | Sweet Potato Fishcake ⁵ / Fishfingers ⁶ | Cheese & Tomato Pasta Bake, Garlic Bread (v) | Sausage Roll (v) | Home-made Pizza Cheese & Tomato (v) / Ham & Pineapple |
| Hand-made Packed Lunch | Hand-made Packed Lunch | Jacket Potato | Hand-made Packed Lunch | Jacket Potato |
| Mashed Potato Seasonal Vegetables | 50/50 Rice Seasonal Vegetables | Rosti Seasonal Vegetables | Oven Baked Potato Croquettes Seasonal Vegetables | Chips Peas & Sweetcorn |
| Warm Oaty Apple Crumble with custard | Frozen Fruit Yoghurt ⁷ | Fruit Sponge ⁹ Cake & Custard | Peaches with Ice Cream | Chocolate Orange Marble Cake with Chocolate Sauce |

Week 3

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------------------------------------|---|--------------------------------------|---|
| Beef Burger/Lamb & Mint Grill with Gravy | Cottage Pie | Roast Beef with Yorkshire Pudding and Gravy | Chicken/Steak Pie | Battered Fish Fillet |
| Quorn & Lentil Curry (v) | Cheese/Pizza Cheese Panini (v) | Roasted Quorn Fillet (v) | Sausage in a Boat (v) | Home-made Pizza Cheese & Tomato (v) / Ham & Pineapple |
| Hand-made Packed Lunch | Hand-made Packed Lunch | Jacket Potato | Hand-made Packed Lunch | Jacket Potato |
| 50/50 Rice; Duchess Potato Seasonal Vegetables | Potato Swirls Seasonal Vegetables | Roast Potatoes Seasonal Vegetables | Mashed Potato Seasonal Vegetables | Chips Peas & Sweetcorn |
| Cheese & Crackers with Celery Sticks/Apple Slices | Orange Jelly with Mandarins | Iced Strawberry Sponge | Fresh Fruit Salad & Ice Cream | Cooks Fruit Muffin with Fruit Segments |

Food For Life Catering Mark

The Soil Association's Food for Life Catering Mark is a guarantee that we provide fresh food which is free from undesirable additives, genetically modified ingredients and trans fats and is better for animal welfare.



Our Food

'Farm Assured' – all our meat is Farm Assured ensuring animal welfare is respected

'Sustainably Sourced' – all fish on our menus is sustainably sourced

'Free Range Eggs' – all eggs used on our menus are free range and British.

Seasonal produce and menu

Our menus are discussed with and designed for children

Food traceability for our menus is available

Changes to published menu

The published menu may be subject to Change either to meet the needs of the school or to ensure that ingredients are used to their optimum quality.



Special Diets

We support medical and religious dietary requirements where possible following a consultation meeting in which we will discuss menu options in depth. Currently we provide:

- Gluten Free Menu
- Dairy Free Menu
- Egg Free Menu
- Allergen awareness
- Vegan options

Diabetics

We are able to provide carbohydrate counts for all items on our menu.

Disclaimer: Carbohydrate information is provided to assist parents and dieticians. Although this information is as accurate as possible, It is only advisory. The menu may also change occasionally due to local needs for the school.

Allergens

We provide further information regarding allergens on our website:
<https://www.sthelens.gov.uk/schools-education/school-meals/allergies-and-nutrition/>

A full allergy matrix is available providing full allergen information for all our dishes.



Are you looking to work in School Meals?

We are recruiting staff across all levels for our School Meals Catering and cleaning services. If you would like to find out more information about any vacancies in your area please contact our HR department on 01744673238 or apply online at <https://secure.sthelens.net/website/cccvacancies.nsf>

Value for money

For £11.25 per week your child will receive a nutritionally balanced two course meal each day with a variety of family favourites and foods from around the world featured over a 3 week menu cycle.

Universal Infant Free School Meals

Resulting from Government Funding, school meals are free for all Reception, Year 1 and Year 2 pupils. If you have a child in any of these school year groups then you could be saving £££'s every year.

Free School Meals

You can find out if your child in Years 3 to 6 is eligible for a free school meal by contacting Education Benefits:
educationbenefits@sthelens.gov.uk

Contact

For any further information in relation to school meals please contact:
schoolmeals@sthelens.gov.uk