

Primary

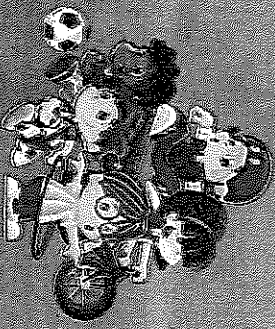
School Menu

From 5th September – 30th December 2016

A variety of the following is available daily from the canteen:

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.

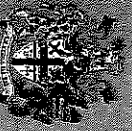


Visit www.sthelens.gov.uk/schoolsmenu for allergy and dietary help.
Please contact:

gjacquet@sthelens.gov.uk
or andrew@sthelens.gov.uk



BRONZE CATERING



St Helens Council

Fish products sustainably sourced

Monday

Welsh Pork Sausages & Gravy

Salted Fish fingers

Jacket Potato

Mashed Potato
Baked Beans
Sweetcorn

Fruit Flapjack

Yoghurt

Chinese Pork Noodles

Vegetable Party Pot

Jacket Potato

New potatoes
Green Beans
Carrots

Apple Sponge & Custard

Yoghurt

Roast Chicken Breast & Gravy

Carrotflower & Squash Grill

Jacket Potato

Roast potatoes
50/50 Rice
Savoy cabbage, Broccoli

Coriander & Strawberry

Yoghurt
Pol
Fresh fruit

Beef Curry with Naan Bread

Chicken Sausage Casserole

Jacket Potato

50/50 Rice
Cauliflower
Peas

Fruit Jelly & Fruit Wedges

Yoghurt

Sustainably Sourced Battered Fish

Home-made Pizza

Jacket Potato

Chips
Peas/Mushy Peas
Sweetcorn

Cheese & Crackers or Fruit

Salad
Yoghurt

Wednesday

Thursday

Friday

Week 2

12/9, 3/10, 31/10, 21/11, 12/12

Breaded Chicken Breast

Capitaine Torte's Potato Fish Pie

Jacket Potato

New potatoes/Oven baked potato wedges
Baked beans/Peas

Chocolate Orange Rice Pudding

Yoghurt

Pasta Bolognese Bake

Chicken & Lentil Curry

Jacket Potato

50/50 Rice
Cauliflower

Superfood Chocolate Cake

Yoghurt

Roast Beef & Yorkshire Pudding

Roasted Quorn Filler

Jacket Potato

Roast potatoes
Broccoli
Carrots

Cinnamon waffle, apples & toffee

Yoghurt

Chicken & Leek Pie

Cheese & Broccoli Quiche

Jacket Potato

Mashed Potato
Crushed Swede
Broccoli

Pancake with mixed berries

Yoghurt

Sustainably Sourced Battered Fish

Home-made Pizza

Jacket Potato

Chips
Peas/Mushy Peas
Sweetcorn

Raspberry Yoghurt
cumble pot
Fresh fruit

Yoghurt

Week 3

19/9, 10/10, 7/11, 28/11, 19/12

100% Beef burger & Gravy

Mediterranean Chicken

Jacket Potato

Potato Swirls
Baked beans
Sweetcorn

Shortbread Biscuit & Milkshake

Yoghurt

Chicken Curry, with Naan Bread

Vegetarian Peas in Ragout Sauce

Jacket Potato

50/50 Rice
Cauliflower
Broccoli

Banana Raisin Muffin

Yoghurt

Roasted Pork Loin, Apple Sauce & Gravy

Quorn Bolognese Pasta Bake

Jacket Potato

Potato Rosli
Crushed Swede
Mini Corn on the Cob

Raspberry Mousse Slice

Yoghurt

Turkey Meatballs, Tomato & Herb Sauce

Roasted Vegetable, Cheese & Bean Mince

Jacket Potato

Wholewheat Pasta Spirals
Broccoli
Roasted Med Veg

Oat & Cranberry Cookie

Yoghurt

Sustainably Sourced Battered Fish

Home-made Pizza

Jacket Potato

Chips
Peas/Mushy Peas
Sweetcorn

Fruit salad & Ice Cream

Yoghurt