

Our Food

We have again achieved the Bronze Food For Life Catering Mark which ensures that:

- All our meat is 'Farm Assured', reared on farms that meet UK legal welfare standards as a minimum ensuring animal welfare is respected
- Our menu is free from endangered fish as recognised by the Marine Conservation Society 'fish to avoid' list
- All eggs used come from free range hens
- At least 75% of our menu is freshly prepared from scratch on site or in a local kitchen
- Our menus are free from additives such as aspartame and MSG
- Seasonal produce is used
- Food traceability is available



Working Towards Reducing Sugar and Salt

No added salt is used within our menus and we are constantly developing our recipes and menus to reduce sugar content within them. We also source reduced sugar products specifically produced for the school catering environment.

Nut Policy

St Helens Council School Meals Service works hard to ensure that the menus we produce do not use any ingredients that contain nuts and we have opted not to include any ingredients or items on our menus that 'may contain nuts'. It must, however, be noted that due to current labelling regulations, no guarantee can be given that ingredients have been prepared in an environment that is completely nut free.

Special Diets

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

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: www.sthelens.gov.uk/schoolmeals. A full allergy matrix is available providing full allergen information for all our dishes.

Changes to the Published Menu

The 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.



Primary Lunch Menu

Spring/Summer 2019



Week 1

w/c 22/04/19 • 13/05/19 • 10/06/19 • 01/07/19
• 22/07/19 • 16/09/19 • 07/10/19 • 04/11/19

Monday

Beefburger & Gravy
Quorn Fajita (V)
Sandwiches or Wrap
Potato Swirls, Seasonal Vegetables
Fruit Yoghurt or Cheese & Crackers

Tuesday

Hot Dog in Bun with Ketchup
Cheese or Tomato Pasta Bake (V)
Jacket Potato
Baked Beans/Salad/Seasonal Vegetables
Cook's Fruit Muffin

Wednesday

Roasted Pork Loin & Gravy
Salmon Fishcake
Roast Potatoes
Sandwiches or Wrap
Salad/Seasonal Vegetables
Fruit Yoghurt with Fruit Slices

Thursday

Chicken with BBQ Sauce & Cheddar
Sausage Roll (V)
Jacket Potato
Potato Rosti
Seasonal Vegetables
Chocolate Surprise Cake

Friday

Battered Fish
Home-made Pizza (V)
Sandwiches or Wrap
Chips
Peas; Sweetcorn
Fresh Fruit Salad with Ice Cream or
Organic Tropical Fruit Ice Lolly



Week 2

w/c 29/04/19 • 20/05/19 • 17/06/19
• 08/07/19 • 02/09/19 • 23/09/19 • 14/10/19

Monday

FA Breaded Chicken Bites, Ketchup
Quorn & Vegetable Curry (V)
50:50 Rice
Sandwiches or Wrap
Herby Diced Potatoes
Seasonal Vegetables
Artic Roll with Melon Balls

Tuesday

Pork Meatballs with Gravy
Cheese or Tuna Melt Panini (V)
Jacket Potato
New Potatoes
Seasonal Vegetables
Fruit Yoghurt or Fruit Salad

Wednesday

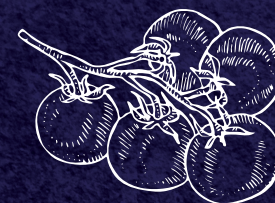
Roasted Chicken Breast, Stuffing & Gravy
Quorn Sausage
Sandwiches or Wrap
Roast Potatoes
Seasonal Vegetables
Cook's Cookie of the day

Thursday

Shepherd's Pie or Hot Pot
Cheddar Cheese & Onion Quiche (V)
Jacket Potato
Seasonal Vegetables
Iced Lemon Sponge Cake

Friday

Battered Fish
Home-made Pizza (V)
Sandwiches or Wrap
Chips
Peas; Sweetcorn
Vanilla Raspberry Ripple Ice Cream



Week 3

w/c 06/05/19 • 03/06/19 • 24/06/19
• 15/07/19 • 09/09/19 • 30/09/19 • 21/10/19

Monday

Chicken Curry, Naan Bread
50:50 Rice
Quorn Nuggets (V)
Sandwiches or Wrap
Herby Diced Potatoes
Seasonal Vegetables
Reduced Sugar Mini Donut

Tuesday

Pork Sausages & Onion Gravy
Cheese & Tomato Quesadilla (V)
Jacket Potato
Mashed Potatoes
Seasonal Vegetables
Fruit Jelly & Peaches

Wednesday

Roast Beef, Gravy & Yorkshire Pudding
Macaroni Cheese (V)
Sandwiches or Wrap
Roast Potatoes
Seasonal Vegetables
Home-made Shortbread Biscuit

Thursday

Spaghetti Bolognese & Garlic Bread
Quorn Burger on Bun (V)
Jacket Potato
Seasonal Vegetables
Cook's Fruit Muffin

Friday

Battered Fish
Home-made Pizza (V)
Sandwiches or Wrap
Chips
Peas; Sweetcorn
Fresh Fruit Salad with Ice Cream or
Organic Apple Fruit Ice Lolly

In addition to the above, a salad trolley is available daily containing fresh salad ingredients, fresh fruit and bread