



# Primary School Menu

From: 24th<sup>th</sup> April – 29<sup>th</sup> 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



### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Farm Assured Chicken Bites, BBQ Dip	Spaghetti Bolognese, Garlic Bread	Roasted Chicken Breast with Gravy	Pork Meatballs <sup>2</sup> with Gravy	Battered Fish Fillet
Fish Pie <sup>1</sup>	Cheese Flan (v)	Macaroni Cheese (v)	Soft Tortilla Taco with Chilli <sup>3</sup> & 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 <sup>8</sup>	Chicken, Ham & Sweetcorn Pasta	Battered Fish Fillet
Lasagne <sup>4</sup> (v)	Sweet Potato Fishcake <sup>5</sup> / Fishfingers <sup>6</sup>	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 <sup>7</sup>	Fruit Sponge <sup>9</sup> 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](mailto:educationbenefits@sthelens.gov.uk)

## Contact

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