



# Primary School Menu

From: 24th April -- 29th October 2017

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

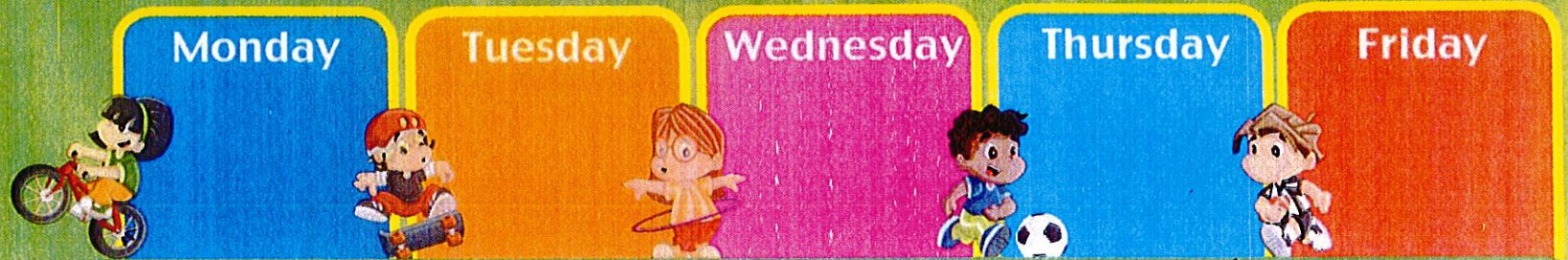
Assorted bread, choice of salad items, a variety of seasonal fruit pieces, both fresh & dry, vegetable sticks and one of the following: pasta, cous cous or rice dish, yoghurt, water, semi-skimmed milk or juice is also available daily.

## 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



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 4/9; 25/9; 16/10.	Farm Assured Chicken Bites, BBQ Dip Fish Pie <sup>1</sup>	Spaghetti Bolognese, Garlic Bread Cheese Flan (v)	Roasted Chicken Breast with Gravy Macaroni Cheese (v)	Pork Meatballs <sup>2</sup> with Gravy Soft Tortilla Taco with Chilli <sup>3</sup> & Cheese (v)	Battered Fish Fillet Home-made Pizza Cheese & Tomato (v) / Ham & Pineapple
	Hand-made Packed Lunch Seasoned Diced Potatoes Seasonal Vegetables	Hand-made Packed Lunch ½ Jacket Potato Seasonal Vegetables	Jacket Potato Roast Potatoes Seasonal Vegetables	Hand-made Packed Lunch Mashed Potato; Cous-Cous Seasonal Vegetables	Jacket Potato Chips Peas & Sweetcorn
	Raspberry Ripple Mousse	Oat & Raisin/Chocolate Cookie with Fresh Fruit Slices	Fresh Fruit Segments & Raisins with Fruit Yogurt	Chocolate Surprise Cake	Scotch Pancake with Toffee Sauce & Banana Slices
<b>Week 2</b> 11/9; 2/10.	Pork Sausage with Gravy Lasagne <sup>4</sup> (v)	Chicken Curry with Naan Bread Sweet Potato Fishcake <sup>5</sup> / Fishfingers <sup>5</sup>	Roasted Bacon Loin <sup>6</sup> Cheese & Tomato Pasta Bake, Garlic Bread (v)	Chicken, Ham & Sweetcorn Pasta Sausage Roll (v)	Battered Fish Fillet Home-made Pizza Cheese & Tomato (v) / Ham & Pineapple
	Hand-made Packed Lunch Mashed Potato Seasonal Vegetables	Hand-made Packed Lunch 50/50 Rice Seasonal Vegetables	Jacket Potato Rosti Seasonal Vegetables	Hand-made Packed Lunch Oven Baked Potato Croquettes Seasonal Vegetables	Jacket Potato Chips Peas & Sweetcorn
	Chocolate Orange Marble Cake with Chocolate Sauce	Frozen Fruit Yoghurt <sup>7</sup>	Warm Oaty Apple Crumble with custard	Fruit Sponge <sup>9</sup> Cake & Custard	Peaches with Ice Cream
<b>Week 3</b> 18/9; 9/10.	Beef Burger/Lamb & Mint Grill with Gravy Quorn & Lentil Curry (v)	Cottage Pie Cheese/Pizza Cheese Panini (v)	Roast Beef with Yorkshire Pudding and Gravy Roasted Quorn Fillet (v)	Chicken/Steak Pie Sausage in a Boat (v)	Battered Fish Fillet Home-made Pizza Cheese & Tomato (v) / Ham & Pineapple
	Hand-made Packed Lunch 50/50 Rice; Duchess Potato Seasonal Vegetables	Hand-made Packed Lunch Potato Swirls Seasonal Vegetables	Jacket Potato Roast Potatoes Seasonal Vegetables	Hand-made Packed Lunch Mashed Potato Seasonal Vegetables	Jacket Potato Chips Peas & Sweetcorn
	Cheese & Crackers with Celery Sticks/Apple Slices	Iced Strawberry Sponge	Orange Jelly with Mandarins	Cooks Fruit Muffin with Fruit Segments	Fresh Fruit Salad & Ice Cream