

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.

Diabetic Pupils

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.

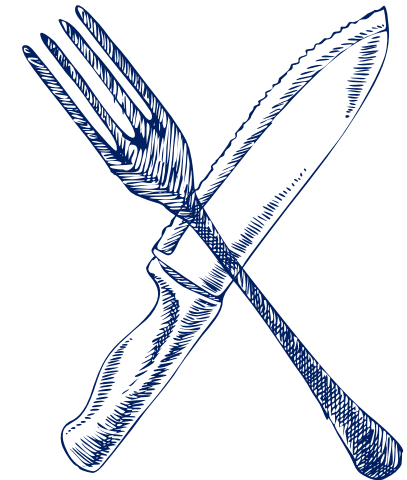
Changes to the Published Menu

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 2021



Week 1

w/c 19/04/21 • 10/05/21 • 07/06/21
28/06/21 • 19/07/21 • 13/09/21 • 04/10/21

Monday

Tomato & Basil Pasta Bake (v)
Jacket Potato with Choice of Filling (v)
Filled Sandwich/Wrap or Roll
Garlic Bread; Sweetcorn
Fresh Fruit Salad

Tuesday

Cottage Pie/Chicken Pie
Veggie Fingers (v)
Filled Sandwich/Wrap or Roll
Peas & Carrots
Oat Cookie

Wednesday

Roast Chicken with Gravy
Cheese Flan (v)
Filled Sandwich/Wrap or Roll
Roast Potatoes; Yorkshire Pudding; Mixed Vegetables
Fruit Jelly

Thursday

Beef Burger in a Bun
Mac'n' Cheese (v)
Filled Sandwich/Wrap or Roll
Oven Baked Wedges; Mixed Salad
Pineapple Cake with Custard

Friday

Battered Fish
Home-made Pizza (v)
Chips; Peas & Sweetcorn
Raspberry Ripple Ice Cream/Organic Lolly



Week 2

w/c 26/04/21 • 17/05/21 • 14/06/21
05/07/21 • 30/08/21 • 20/09/21 • 11/10/21

Monday

Vegetable Enchiladas (v)
Jacket Potato with Choice of Filling (v)
Filled Sandwich/Wrap or Roll
Baked Beans; Sweetcorn
Mini Reduced Sugar Donut, Yoghurt dip

Tuesday

Home-made Chicken Curry
Sausage Roll (v)
Filled Sandwich/Wrap or Roll
50:50 Rice; Naan Bread; Mixed Salad
Fruit Jelly

Wednesday

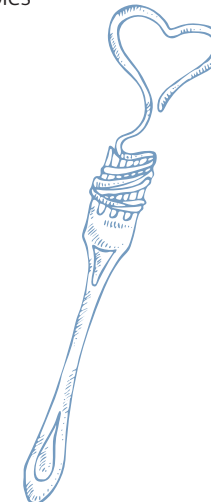
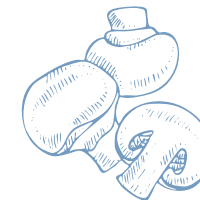
Roast Beef with Gravy
Roasted Quorn Strips with Gravy (v)
Filled Sandwich/Wrap or Roll
Roast Potatoes; Yorkshire Pudding; Mixed Vegetables
Home-made Shortbread

Thursday

Pork Meatballs Marinara
Marinara Pasta Bake (v)
Filled Sandwich/Wrap or Roll
Pasta Spirals; Garlic Bread; Mixed Salad
Fresh Fruit Salad

Friday

Battered Fish
Home-made Pizza (v)
Chips; Peas & Sweetcorn
Raspberry Ripple Ice Cream/Organic Lolly



Week 3

w/c 03/05/21 • 24/05/21 • 21/06/21
12/07/21 • 06/09/21 • 27/09/21 • 18/10/21

Monday

Home-made Quorn Curry (v)
Jacket Potato with Choice of Filling (v)
Filled Sandwich/Wrap or Roll
50:50 Rice; Naan Bread; Mixed Salad
Frozen Strawberry Yoghurt

Tuesday

Pork Sausage with Gravy
Margherita Panini (v)
Filled Sandwich/Wrap or Roll
Mashed Potatoes; Carrots
Chocolate Surprise Cake

Wednesday

Roast of the Day with Gravy
Sweet Potato & Salmon Fishcake
Filled Sandwich/Wrap or Roll
Roast Potatoes; Yorkshire Pudding; Mixed Vegetables
Fresh Fruit Salad with Yoghurt

Thursday

Home-made Lasagne
Vegan Quorn Nuggets (v)
Filled Sandwich/Wrap or Roll
Herby Diced Potatoes; Baked Beans; Sweetcorn
Cook's Choice Fruit Muffin

Friday

Battered Fish
Home-made Pizza (v)
Chips; Peas & Sweetcorn
Raspberry Ripple Ice Cream/Organic Lolly

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