

Meal of the Day Menu

Winter 2021/2022



St Helens Borough Council
Schools Catering Service

Week 1

w/c 01/11/21 • 22/11/21 • 13/12/21
05/01/22 • 24/01/22 • 07/03/22 • 28/03/22

Monday

Hidden Vegetable Mac'n'Cheese (V)
Quorn Burger (V)
Filled Sandwich/Wrap/roll (V)
Broccoli
Winter Berries W/Custard

Tuesday

Moroccan Style Lamb
Moroccan Style Vegetables (V)
Jacket Potato with choice of Filling
Couscous; Roasted Vegetables
Mixed Melon

Wednesday

Roast Beef W/ Yorkshire Pudding & Gravy
Sausage Roll W/Gravy (V)
Filled Sandwich/Wrap/roll
New Potatoes: Carrot & Swede
Fruit Flapjack

Thursday

Mild Spiced Chicken Pittas
Jacket Potato with Cheese Filling (V)
Tuna and Sweetcorn; Pasta
Selection of Salad Sticks
Fruit Jelly

Friday

Battered Fish
Cheese & Tomato Pizza Baguette (V)
Chips; Peas & Sweetcorn
Fudge Yoghurt



Week 2

w/c 08/11/21 • 29/11/21 • 20/12/21
10/01/22 • 31/01/22 • 21/02/22 • 14/03/22

Monday

Mexican Bean Chili (V)
Crispy Cheese & Vegetable Wraps (V)
Filled Sandwich or Roll (V)
Brown Rice; Baby Corn
Seasonal Fruit Selection

Tuesday

BBQ Chicken Fillet Burger
Frittata (V)
Jacket Potato with choice of Filling
Sweet Potato & Carrots
Cocoa & Orange Cake with Chocolate Custard

Wednesday

Braised Pork W/Apple
Braised Quorn W/Apple (V)
Filled Sandwich/Wrap/roll
Roast Potatoes; Cabbage & Parsnips
Oaty Crunch W/Vanilla Yoghurt

Thursday

Beanie Cottage Pie with Cheesy Top
Beanie Pie with Cheesy Top (V)
Jacket Potato with choice of Filling
Custly Bread; Beetroot & Green Beans
Spiced Plum & Pear

Friday

Battered Fish
Cheese & Tomato Pizza Baguette (V)
Chips; Peas & Sweetcorn
Toffee Apple Rice Pudding

Week 3

w/c 15/11/21 • 06/12/21 • 17/01/22
07/02/22 • 28/02/22 • 21/03/22

Monday

Sweet Potato and Mango Curry W/Rice (V)
Cheese & Garlic Pasta (V)
Filled Sandwich/Wrap/roll (V)
Roasted Cauliflower
Pear & Sultana Crumble W/Custard

Tuesday

Beef Burger
Mozzarella, Tomato & Pepper Topped Ciabatta (V)
Jacket Potato with choice of Filling
Corn on the Cob; Baked Beans
Fruit Shortbread

Wednesday

Roast Chicken W/Stuffing & Gravy
Quorn Sausage W/Stuffing & Gravy (V)
Filled Sandwich/Wrap/roll
Mashed Potatoes; Carrots & Green Beans
Strawberry Ice-Cream

Thursday

Shredded Ham in Mexican Style Beans
BBQ Beans (V)
Jacket Potato with choice of Filling
Crusty Bread; Broccoli
Peach & Mango Yoghurt

Friday

Salmon Fish Fingers
Cheese & Tomato Pizza Baguette (V)
Chips; Peas & Sweetcorn
Banana & Ice-cream

