



Primary School Menu

From: 9th May 2016 To: 22nd July 2016

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.

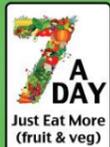


Visit: www.sthelens.gov.uk/schoolmeals

For allergy and dietary help, please contact:

gracetatlock@sthelens.gov.uk

or: andrewferguson@sthelens.gov.uk



Fish products sustainably sourced
Meat products are farm assured

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 23/5, 20/6, 11/7	Turkey Dinosaur	Shepherds Pie or Hot Pot	Roast Chicken Breast & Gravy	Spaghetti Bolognese & Garlic Bread	Sustainably Sourced Battered Fish
	Broccoli & Cauliflower Tagliatelle (V)	Vegetarian Sausage Roll (V)	Cheese & Tomato Quiche (V)	Vegetarian Burger (V)	Home-made Pizza (V)
	Jacket Potato	Sandwich/Wrap/Roll	Jacket Potato	Sandwich/Wrap/Roll	Jacket Potato
	Seasonal Vegetables Duchess Potatoes	Seasonal Vegetables Potato Wedges	Seasonal Vegetables New Potatoes	Seasonal Vegetables Mashed Potatoes	Peas Chips
	Fruit Flapjack	Fruit Jelly & Fruit Wedges	Raspberry Ripple Mousse & Shortbread Biscuit	Fruity Sponge & Custard	Fruit Muffin
Week 2 9/5, 6/6, 27/6, 18/7	Welsh Pork Sausages with Gravy	Chicken Chow Mein	Roast Beef & Yorkshire Pudding	Chicken or Steak Pie	Sustainably Sourced Battered Fish
	Salmon & Broccoli Quiche	Cheese & Tomato Pasta Bake with Ciabatta Bread (V)	Hot Baguette with choice of filling (V)	Vegetarian Spaghetti Bolognese & Garlic Bread (V)	Home-made Pizza (V)
	Jacket Potato	Sandwich/Wrap/Roll	Jacket Potato	Sandwich/Wrap/Roll	Jacket Potato
	Seasonal Vegetables Mashed or Duchess Potatoes	Seasonal Vegetables Egg Noodles	Seasonal Vegetables Roast & Boiled Potatoes	Seasonal Vegetables Creamed Potato	Peas Chips
	Waffle with Fruit Compote	Pineapple Sponge & Custard	Carrot Cake/Iced Lemon Cake	Raspberry Mousse Slice	Cherry/Raisin/ or Oat Cookie with Fruit Wedges
Week 3 16/5, 13/6, 4/7	100% Beef burger & Gravy	Hot Chicken Roll & Stuffing	Pork Loin, Apple Sauce & Gravy	Chicken Curry, Rice & Naan Bread	Sustainably Sourced Battered Fish
	Quorn & Lentil Curry with Rice (V)	Cheese & Pasta Bake with Garlic Bread (V)	Quorn Meatballs & Gravy (V)	Salmon Fishfinger	Home-made Pizza (V)
	Jacket Potato	Sandwich/Wrap/Roll	Jacket Potato	Sandwich/Wrap/Roll	Jacket Potato
	Seasonal Vegetables Mashed Potatoes	Seasonal Vegetables Tossed Salad	Seasonal Vegetables Roast Potatoes	Seasonal Vegetables 50/50 Rice/ Herby Diced Potatoes	Peas Chips
	Shortbread Biscuit & Milkshake or Mini Doughnut	Fruit Sponge & Custard	Rice Pudding with Raisins	Chocolate Cake or Cheese & Crackers	Fruit Jelly & Ice Cream or Fruit Flapjack

(V) - Vegetarian

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