



# Primary School Menu

From: 31<sup>st</sup> October 2016 – 31<sup>st</sup> March 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.



Visit: [www.sthelens.gov.uk/schoolmeals](http://www.sthelens.gov.uk/schoolmeals)

For allergy and dietary help, please contact:

[gracetatlock@sthelens.gov.uk](mailto:gracetatlock@sthelens.gov.uk)

or: [andrewferguson@sthelens.gov.uk](mailto:andrewferguson@sthelens.gov.uk)



Fish products sustainably sourced  
Meat products are farm assured

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week 1</b> 14/11, 5/12, 2/1, 23/1, 20/2, 13/3.	Welsh Pork Sausages & Gravy  <b>Salmon Fishfingers</b>  Jacket Potato  Mashed Potato Baked Beans Sweetcorn  Fruit Flapjack Yoghurt/Fresh Fruit	Chinese Pork Noodles  <b>Cheese Panini</b> (V)  Jacket Potato  Herby Diced Potatoes Mixed Vegetables Carrots  Apple Sponge & Custard Yoghurt/Fresh Fruit	Roast Chicken Breast & Gravy  <b>Cheese &amp; Tomato Pasta Bake, Garlic Bread</b> (V) Jacket Potato  Roast Potatoes Seasonal Vegetable Broccoli  Raspberry Ripple Mousse Yoghurt/Fresh Fruit	Minced Beef Curry/Hotpot with Crust  <b>Sausage in a Boat</b> (V)  Jacket Potato  Potato Swirls/ 50/50 Rice Cauliflower Peas  Fruit Jelly & Fruit Wedges Yoghurt/Fresh Fruit	Sustainably Sourced Battered Fish  <b>Home-made Pizza</b> (V)  Jacket Potato  Chips Peas/Mushy Peas Sweetcorn  Chocolate Orange Marbled Cake/Cheese & Crackers Fresh Fruit	
	(V) - Vegetarian					
	<b>Week 2</b> 31/10, 21/11, 12/12, 9/1, 30/1, 27/2, 20/3.	Breaded Chicken Breast  <b>Fish Pie</b>  Jacket Potato  Duchess Potatoes Baked beans Peas  Rice Pudding with Raisins Yoghurt/Fresh Fruit	Pasta Bolognese, Garlic bread  <b>Quorn &amp; Lentil Curry</b> (V)  Jacket Potato  50/50 Rice Cauliflower Mixed Vegetables  Waffle with Apple Slices & Toffee Sauce Yoghurt/Fresh Fruit	Roast Beef & Yorkshire Pudding  <b>Roasted Quorn Fillet</b> (V)  Jacket Potato  Roast potatoes Broccoli Carrots  Superfood Chocolate Cake Yoghurt/Fresh Fruit	Chicken/Steak Pie  <b>Cheese &amp; Broccoli Quiche</b> (V)  Jacket Potato  Mashed Potato Crushed Carrots & Swede Seasonal Vegetable  Pancake with mixed berries Yoghurt/Fresh Fruit	Sustainably Sourced Battered Fish  <b>Home-made Pizza</b> (V)  Jacket Potato  Chips Peas/Mushy Peas Sweetcorn  Raspberry Yoghurt Crumble Pot Fresh fruit
		(V) - Vegetarian				
<b>Week 3</b> 7/11, 28/11, 19/12, 16/1, 6/2, 6/3, 27/3.		100% Beef burger & Gravy  <b>Macaroni Cheese</b> (V)  Jacket Potato  Herby Diced Potatoes Baked beans Mini Corn on the Cob  Shortbread Biscuit & Milkshake Yoghurt/Fresh fruit	Chicken Curry, with Naan Bread  <b>Sausage Roll</b> (V)  Jacket Potato  50/50 Rice/ New potatoes Cauliflower Peas  Raspberry/Lemon Mousse Slice Yoghurt	Roast Pork, Apple Sauce & Gravy  <b>Quorn Bolognese Pasta Bake, Garlic bread</b> (V)  Jacket Potato  Potato Rosti Carrots Broccoli  Fruit Muffin Yoghurt/Fresh Fruit	Turkey Meatballs with Tomato Sauce or Gravy  <b>Spicy Cheese and Tomato Wrap/Sub Roll</b> (V)  Jacket Potato  Potato Swirls/Wholewheat pasta Mixed Seasonal Vegetable  Oat & Cranberry/Chocolate Cookie Yoghurt	Sustainably Sourced Battered Fish  <b>Homemade Pizza</b> (V)  Jacket Potato  Chips Peas/Mushy Peas Sweetcorn  Fruit salad & Ice Cream Yoghurt/Fresh Fruit
		(V) - Vegetarian				