



# Primary School Menu

From: 5<sup>th</sup> September – 30<sup>th</sup> December 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](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> 5/9, 26/9, 17/10, 14/11, 5/12	Welsh Pork Sausages & Gravy	Chinese Pork Noodles	Roast Chicken Breast & Gravy	Beef Curry with Naan Bread	Sustainably Sourced Battered Fish
	<b>Salmon Fishfingers</b>	<b>Vegetable Pastry Roll</b> (V)	<b>Cauliflower &amp; Squash Chilli</b> (V)	<b>Quorn Sausage Cassoulet</b> (V)	<b>Home-made Pizza</b> (V)
	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
	Mashed Potato Baked Beans Sweetcorn	New potatoes Green Beans Carrots	Roast potatoes 50/50 Rice Savoy cabbage, Broccoli	50/50 Rice Cauliflower Peas	Chips Peas/Mushy Peas Sweetcorn
Fruit Flapjack	Apple Sponge & Custard	Cornflake & Strawberry Yoghurt Pot Fresh fruit	Fruit Jelly & Fruit Wedges	Cheese & Crackers or Fruit Salad Yoghurt	
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
<b>Week 2</b> 12/9, 3/10, 31/10, 21/11, 12/12	Breaded Chicken Breast	Pasta Bolognese Bake	Roast Beef & Yorkshire Pudding	Chicken & Leek Pie	Sustainably Sourced Battered Fish
	<b>'Captain Tuck's' Pirate Fish Pie</b>	<b>Quorn &amp; Lentil Curry</b> (V)	<b>Roasted Quorn Fillet</b> (V)	<b>Cheese &amp; Broccoli Quiche</b> (V)	<b>Home-made Pizza</b> (V)
	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
	New potatoes/Oven baked potato wedges Baked beans/Peas	50/50 Rice Cauliflower	Roast potatoes Broccoli Carrots	Mashed Potato Crushed Swede Broccoli	Chips Peas/Mushy Peas Sweetcorn
Chocolate Orange Rice Pudding Yoghurt	'Superfood Chocolate Cake' Yoghurt	Cinnamon waffle, apples & toffee Yoghurt	Pancake with mixed berries Yoghurt	Raspberry Yoghurt crumble pot Fresh fruit	
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
<b>Week 3</b> 19/9, 10/10, 7/11, 28/11, 19/12	100% Beef burger & Gravy	Chicken Curry, with Naan Bread	Roasted Pork Loin, Apple Sauce & Gravy	Turkey Meatballs, Tomato & Herb Sauce	Sustainably Sourced Battered Fish
	<b>Macaroni Cheese</b> (V)	<b>'Superpower, Beans on Bagel Toast'</b> (V)	<b>Quorn Bolognese Pasta Bake</b> (V)	<b>Roasted Vegetable, Cheese &amp; Bean Wraps</b> (V)	<b>Homemade Pizza</b> (V)
	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
	Potato Swirls Baked beans Sweetcorn	50/50 Rice Cauliflower Broccoli	Potato Rosti Crushed Swede Mini Corn on the Cob	Wholewheat Pasta Spirals Broccoli Roasted Med Veg	Chips Peas/Mushy Peas Sweetcorn
Shortbread Biscuit & Milkshake Yoghurt	Banana Raisin Muffin Yoghurt	Raspberry Mousse Slice Yoghurt	Oat & Cranberry Cookie Yoghurt	Fruit salad & Ice Cream Yoghurt	
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

(V) - Vegetarian

(V) - Vegetarian