

Also available daily

'Pasta Bar' - Hot pasta with variety of sauces

'Sandwich Selection' - a variety of sandwiches, wraps and paninis

'Selection of Desserts' - a selection of home-made desserts, fresh fruit and yoghurts

Our food

'Farm Assured' - all our meat is Farm Assured ensuring animal welfare is respected

'Sustainably Sourced' - all fish on our menus is sustainably sourced

'Free Range Eggs' - all eggs used on our menus are free range and British.

Seasonal produce and menu

Our menus are discussed with and designed for children

Food traceability for our menus is available

Changes to published menu

The published 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.

Free School Meals

You can find out if your child is eligible for a free school meal by contacting Education Benefits: educationbenefits@sthelens.gov.uk

Special Diets

We support medical and religious dietary requirements where possible following a consultation meeting in which we will discuss menu options in depth including:

- Gluten, Dairy & Egg Free
- Allergen awareness
- Vegan options

Diabetes

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.

Contact

For any further information in relation to school meals please contact: schoolmeals@sthelens.gov.uk



Secondary School Lunch Menu

Winter/Spring 2018/19



Week 1

w/c 5/11/18 • 26/11/18 • 17/12/18
• 21/1/19 • 11/2/19 • 11/3/19 • 1/4/19

Monday

Pork Sausages, Onion Gravy
& Mashed Potato
Cheese & Tomato Quesadillas (v)

Tuesday

'Curry Tuesday'

Chicken or Quorn Tikka/Korma
50:50 Rice; Naan Bread
Mango Chutney; Mint Yoghurt

Wednesday

Roast Beef, Yorkshire Pudding
Roast Potatoes; Seasonal Veg
Vegan Quorn Nuggets (v)

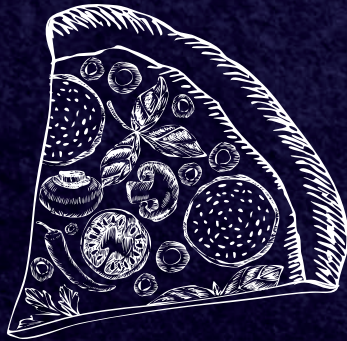
Thursday

'Hunters Chicken'

Herby Diced Potatoes
Cheese & Tomato Pasta Bake (v)

Friday

Battered Fish, Chips & Mushy Peas
Home-made Deep Pan
Pepperoni Pizza



Week 2

w/c 12/11/18 • 3/12/18 • 7/1/19
• 28/1/19 • 25/2/19 • 18/3/19

Monday

Breaded Chicken Bites, BBQ Sauce
Garlic & Herb Macaroni Cheese
with Crispy Topping (v)

Tuesday

'Curry Tuesday'

Chicken or Quorn Tikka/Korma
50:50 Rice; Naan Bread
Mango Chutney; Mint Yoghurt

Wednesday

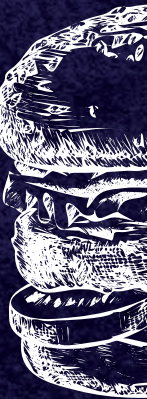
Roasted Chicken Breast & Gravy
Free Range Omelette & Baked Beans (v)
Roast Potatoes & Seasonal Vegetables

Thursday

Roasted Chicken & Stuffing
Roast Potatoes; Seasonal Veg
Veg & Potato Puff Pastry Pie (v)

Friday

Battered Fish, Chips & Mushy Peas
Tuna Melt Panini
Mixed Salad



Week 3

w/c 19/11/18 • 10/12/18 • 14/1/19
• 4/2/19 • 4/3/19 • 25/3/19

Monday

Cheeseburger on Brioche Bun
Salmon & Sweet Potato Fishcake
Duchess Potatoes; Peas

Tuesday

'Curry Tuesday'

Chicken or Quorn Tikka/Korma
50:50 Rice; Naan Bread
Mango Chutney; Mint Yoghurt

Wednesday

Roasted Pork Loin
Roast Potatoes; Seasonal Veg
Quorn Stroganoff with 50:50 Rice (v)

Thursday

Spaghetti Bolognese, Garlic Bread
Sausage Roll (v)

Friday

Battered Fish, Chips & Mushy Peas
Organic Vegan 3 Bean Chilli
50:50 Rice (v)