

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 2019/2020

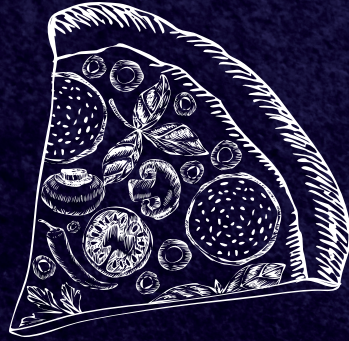


Week 1

w/c 11/11/19 • 02/12/19 • 06/01/20
• 27/01/20 • 24/02/20 • 16/03/20

Monday

Hunters Chicken
Salmon & Sweet Potato Fishcake
Herby Diced Potatoes
Seasonal Vegetables
Choice of Dessert



Tuesday

Chicken Curry with Naan Bread
Quorn & Lentil Curry with Naan Bread (v)
50:50 Rice
Choice of Dessert

Wednesday

Roasted Chicken Breast & Gravy
Cheddar Cheese & Onion Quiche (v)
Roast Potatoes
Seasonal Vegetables
Choice of Dessert

Thursday

Spaghetti Bolognese with Garlic Bread
Sausage Roll (v)
Duchess Potatoes
Seasonal Vegetables or Baked Beans
Choice of Dessert

Friday

Battered Fish
Homemade Pizza (v)
Chips
Peas
Choice of Dessert



Week 2

w/c 18/11/19 • 09/12/19 • 13/01/20
• 03/02/20 • 02/03/20 • 23/03/20

Monday

Cottage Pie
Pizza Panini (v)
Diced Potatoes
Seasonal Vegetables
Choice of Dessert

Tuesday

Chicken Curry with Naan Bread
Quorn Curry with Naan Bread (v)
50:50 Rice
Choice of Dessert

Wednesday

Roast Pork Loin with Gravy & Apple Sauce Yorkshire
Pudding
Country Bake (v), Roast Potatoes
Seasonal Vegetables
Choice of Dessert

Thursday

Steak or Chicken Pie
Cheese & Tomato Pasta Bake (v)
Mashed Potatoes
Seasonal Vegetables
Choice of Dessert

Friday

Battered Fish
Homemade Pizza (v)
Chips
Peas
Choice of Dessert



Week 3

w/c 25/11/19 • 16/12/19 • 20/01/20
• 10/02/20 • 09/03/20 • 30/03/20

Monday

Pork Sausage with Onion Gravy
Quorn Nuggets (v)
Duchess Potatoes
Seasonal Vegetables
Choice of Dessert

Tuesday

Chicken Curry with Naan Bread
Quorn Curry with Naan Bread (v)
50:50 Rice
Choice of Dessert

Wednesday

Roasted Beef & Gravy
Yorkshire Pudding
Cheese, Tomato & Basil Calzone (v)
Roast Potatoes, Seasonal Vegetables
Choice of Dessert

Thursday

Pork Meatballs & Tomato Sauce
Macaroni Cheese (v)
Mashed Potatoes
Seasonal Vegetables
Choice of Dessert

Friday

Battered Fish
Homemade Pizza (v)
Chips
Peas
Choice of Dessert

