

St Helens Catering Service Event menus 26/27 - Please ensure Kitchens are contacted direct for any dietary information in the first instance for meals requiring specific allergy or dietary needs.

Harvest Bites Menu 5th October 2026

FOOD OPTION	Primary School Portion Size	Carb Guide (g)
Country Side Hotpot	142g	19.1
Harvest Mac N Cheese	271g	41.6
Filled sandwiches	x1 Full Sandwich	40.1
Crusty Roll	1/4 Roll	10.3
Oaty Apple Crumble	100g	15.4g
Vanilla Custard	106g	17.6

Italian Day 5th October 2026

FOOD OPTION	Secondary Age Portion Size	Carb Guide (g)
Beef Ragu	216g	5.9
Stone Baked Margherita	1/4 of a Pizza	30.9
Filled Romana Focaccia	270g	50.5
Caprese Salad	115g	2.7
Affogato	120g	18.5
Penne Pasta - Side	140g	51.2