

Our Food

We have again achieved the Bronze Food For Life Catering Mark which ensures that:

- All our meat is 'Farm Assured', reared on farms that meet UK legal welfare standards as a minimum ensuring animal welfare is respected
- Our menu is free from endangered fish as recognised by the Marine Conservation Society 'fish to avoid' list
- All eggs used come from free range hens
- At least 75% of our menu is freshly prepared from scratch on site or in a local kitchen
- Our menus are free from additives such as aspartame and MSG
- Seasonal produce is used
- Food traceability is available



Tired of the Sunday Night Packed Lunch Rush?

Did You know all Children are Entitled to a FREE School meal no matter what until the end of Year 2? That could be worth £480 a year per child for your family. A delicious and nutritious Meal, whilst saving Time and Money. You may also be eligible from year 3 and beyond. What are you waiting for? Visit: www.sthelens.gov.uk/schoolmeals for more information.

Working Towards Reducing Sugar and Salt

No added salt is used within our menus and we are constantly developing our recipes and menus to reduce sugar content within them. We also source reduced sugar products specifically produced for the school catering environment.

Nut Policy

St Helens Borough Council School Meals Service works hard to ensure that the menus we produce do not use any ingredients that contain nuts and we have opted not to include any ingredients or items on our menus that 'may contain nuts'. It must, however, be noted that due to current labelling regulations, no guarantee can be given that ingredients have been prepared in an environment that is completely nut free.

Special Diets

We support medical and religious dietary requirements where possible. Please ask the School for a copy of the Special Diets policy where required.

Diabetic Pupils

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.

Allergens

We provide further information regarding allergens on our website: www.sthelens.gov.uk/schoolmeals. A full allergy matrix is available providing full allergen information for all our dishes.

Changes to the Published Menu

The 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.

School Food Standards

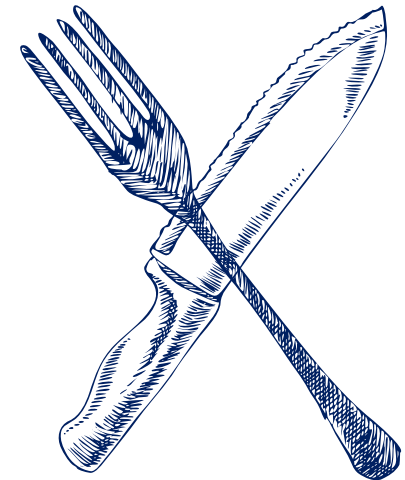
Our menus have been specifically curated to meet the Standards set in the government guidelines for School meals which is known as the 'School Food Standards'. This ensures the food we serve provides the correct nutrition that the Children need to thrive.

HEINZ
ESTD 1869



Primary Winter Menu

2022



Week 1

w/c 28/11/22 • 19/12/22 • 16/01/23
06/02/23 • 27/02/23 • 20/03/23

Meat Free Monday

Macaroni Cheese (v)
Quorn Burger (v)
Filled Sandwich or Jacket Potato
Broccoli
Cheese & Crackers



Tuesday

Mild Spiced Lamb Stew
Sausage Roll (v)
Filled Sandwich or Jacket Potato
Mashed Potato; Roasted Vegetables
Mixed Melon / Fruit Yoghurt

Roast Dinner Wednesday

Roast Beef with Yorkshire Pudding & Gravy
Cheese and Veg Finger Wrap (v)
Filled Sandwich or Jacket Potato
Roast Potatoes; Carrot & Swede
Fruit Flapjack

Thursday

Chicken Pie
Cheese & Tomato Pasta Bake (v)
Filled Sandwich or Jacket Potato
Mashed Potato / New Potatoes; Peas
Fruit Jelly

Fishy Friday

Battered Fish
Home-made Pizza (v)
Chips; Peas & Sweetcorn
Fudge Yoghurt



Week 2

w/c 05/12/22 • 02/01/23 • 23/01/23
13/02/23 • 06/03/23 • 27/03/23

Meat Free Monday

Spaghetti Bolognese (v)
Cheesy Broccoli Pasta (v)
Filled Sandwich or Jacket Potato
Baby Corn on the Cob
Fresh Fruit / Reduced Sugar Donuts



Tuesday

Farm Assured Breaded Chicken Burger, BBQ Sauce
Cheese Flan (v)
Filled Sandwich or Jacket Potato
Sweet Potato Wedges & Carrots
Chocolate Orange Cake



Roast Dinner Wednesday

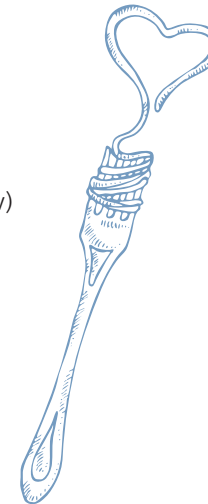
Braised Pork W/ Apple
Braised Quorn W/ Apple (v)
Filled Sandwich or Jacket Potato
Roast Potatoes; Cabbage & Parsnips
Oaty Cookie

Thursday

Cottage Pie
Mozzarella, Tomato & Pepper Topped Ciabatta (v)
Filled Sandwich or Jacket Potato
Crusty Bread; Beetroot & Green Beans
Warm Apple Slices and Custard

Fishy Friday

Battered Fish
Home-made Pizza (v)
Chips; Peas & Sweetcorn
Raspberry Ripple Mousse



Week 3

w/c 12/12/22 • 09/01/23 • 30/01/23
20/02/23 • 13/03/23 • 03/04/23

Meat Free Monday

Quorn and Mango Curry (v)
Tomato and Basil Pasta Bake (v)
Filled Sandwich or Jacket Potato
50:50 Rice; Cauliflower
Pear Crumble and Custard

Tuesday

Beef Burger
Cheese and Onion Rolls (v)
Filled Sandwich or Jacket Potato
Corn on the Cob; Baked Beans
Fruit Shortbread

Roast Dinner Wednesday

Roast Chicken W/ Stuffing & Gravy
Quorn Sausage W/ Stuffing & Gravy (v)
Filled Sandwich or Jacket Potato
Mashed Potato; Carrots & Green Beans
Strawberry Ice-Cream

Thursday

Warm Ham and Cheese Panini
Veg Fingers (v)
Filled Sandwich or Jacket Potato
Herby Diced Potatoes; Broccoli
Warm Fruit Sponge and Custard

Fishy Friday

Battered Fish / Salmon Fish Fingers
Home-made Pizza (v)
Chips; Peas & Sweetcorn
Banana & Ice-cream