

## 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](http://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](http://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

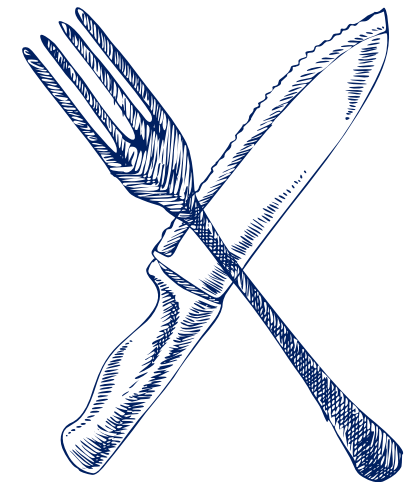
Our menus have been specifically curated to meet the Standards set in the government guidelines for School meals which is known as the 'School Food Standards'. This ensures the food we serve provides the correct nutrition that the Children need to thrive.

**HEINZ**  
ESTD 1869



## Primary Summer Menu

2022



# Week 1

w/c 07/03/22 • 28/03/22 • 02/05/22 • 23/05/22  
• 20/06/22 • 11/07/22 • 05/09/22 • 26/09/22

## 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 21/02/22 • 14/03/22 • 18/04/22 • 09/05/22  
• 06/06/22 • 27/06/22 • 18/07/22 • 12/09/22 • 03/10/22

## 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

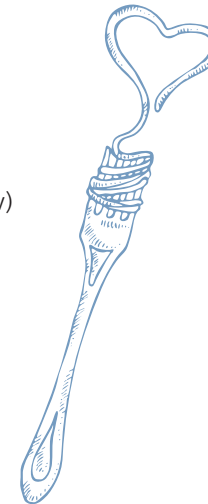
Braised Pork W/ Apple  
Braised Quorn W/ Apple (v)  
Filled Sandwich or Jacket Potato  
Roast Potatoes; Cabbage & Parsnips  
Oaty Cookie

## 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 28/02/22 • 21/03/22 • 25/04/22 • 16/05/22  
• 13/06/22 • 04/07/22 • 29/08/22 • 19/09/22

## 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