

## 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



## 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 following a consultation meeting in which we will discuss menu options in depth.

## 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.

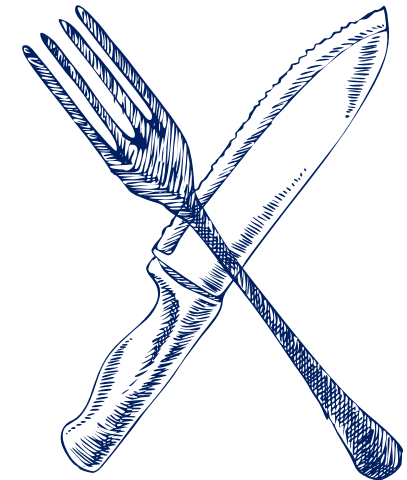
## Changes to the Published Menu

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.



## Primary Lunch Menu

Spring/Summer 2021



# Week 1

w/c 19/04/21 • 10/05/21 • 07/06/21  
28/06/21 • 19/07/21 • 13/09/21 • 04/10/21

## Monday

Tomato & Basil Pasta Bake (v)  
Jacket Potato with Choice of Filling (v)  
Filled Sandwich/Wrap or Roll  
Garlic Bread; Sweetcorn  
Cook's Muffin of the Day



## Tuesday

Beef Burger in a Bun  
Filled Sandwich/Wrap or Roll  
Peas & Carrots  
Oat Cookie

## Wednesday

Roast Chicken with Gravy  
Cheese Flan (v)  
Filled Sandwich/Wrap or Roll  
Roast Potatoes; Yorkshire Pudding; Mixed Vegetables  
Fruit Jelly

## Thursday

Mac'n'Cheese (v)  
Filled Sandwich/Wrap or Roll  
Oven Baked Wedges; Mixed Salad  
Cook's Fruit Cupcake



## Friday

Battered Fish  
Home-made Pizza (v)  
Chips; Peas & Sweetcorn  
Raspberry Ripple Ice Cream/Organic Lolly

# Week 2

w/c 26/04/21 • 17/05/21 • 14/06/21  
05/07/21 • 30/08/21 • 20/09/21 • 11/10/21

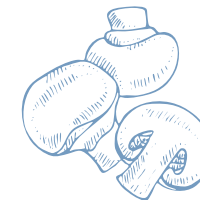
## Monday

Cheese & Tomato Pasta Bake (v)  
Jacket Potato with Choice of Filling (v)  
Filled Sandwich/Wrap or Roll  
Baked Beans; Sweetcorn  
Mini Reduced Sugar Donut, Yoghurt dip



## Tuesday

Sausage Roll (v)  
Filled Sandwich/Wrap or Roll  
Baked Beans; Mixed Salad  
Fruit Jelly



## Wednesday

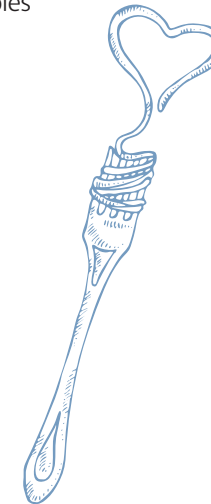
Roast Beef with Gravy  
Roasted Quorn Strips with Gravy (v)  
Filled Sandwich/Wrap or Roll  
Roast Potatoes; Yorkshire Pudding; Mixed Vegetables  
Home-made Shortbread

## Thursday

Pork Meatballs Marinara  
Filled Sandwich/Wrap or Roll  
Pasta Spirals; Garlic Bread; Mixed Salad  
Fresh Fruit Salad

## Friday

Battered Fish  
Home-made Pizza (v)  
Chips; Peas & Sweetcorn  
Raspberry Ripple Ice Cream/Organic Lolly



# Week 3

w/c 03/05/21 • 24/05/21 • 21/06/21  
12/07/21 • 06/09/21 • 27/09/21 • 18/10/21

## Monday

Tomato & Basil Pasta Bake (v)  
Jacket Potato with Choice of Filling (v)  
Filled Sandwich/Wrap or Roll  
Garlic Bread; Mixed Salad  
Frozen Strawberry Yoghurt

## Tuesday

Margherita Panini (v)  
Filled Sandwich/Wrap or Roll  
Mashed Potatoes; Carrots  
Chocolate Surprise Cake

## Wednesday

Pork Sausage with Gravy  
Sweet Potato & Salmon Fishcake  
Filled Sandwich/Wrap or Roll  
Roast Potatoes; Yorkshire Pudding; Mixed Vegetables  
Cook's Cookie of the Day

## Thursday

Vegan Quorn Nuggets (v)  
Filled Sandwich/Wrap or Roll  
Herby Diced Potatoes; Baked Beans; Sweetcorn  
Cook's Choice Fruit Muffin

## Friday

Battered Fish  
Home-made Pizza (v)  
Chips; Peas & Sweetcorn  
Raspberry Ripple Ice Cream/Organic Lolly