

## 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. 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.

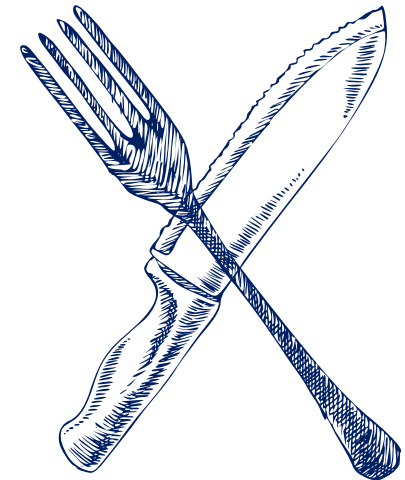
## School Food Standards

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.



## Primary Lunch Menu

Winter 2021/2022



# Week 1

w/c 01/11/21 • 22/11/21 • 13/12/21  
05/01/22 • 24/01/22 • 07/03/22 • 28/03/22

## Monday

Hidden Vegetable Mac'n'Cheese (v)  
Quorn Burger (v)  
Filled Sandwich/Wrap/or Roll (v)  
Broccoli  
Winter Berries W/Custard

## Tuesday

Moroccan Style Lamb  
Moroccan Style Vegetables (v)  
Jacket Potato with choice of Filling  
Couscous; Roasted Vegetables  
Mixed Melon

## Wednesday

Roast Beef W/ Yorkshire Pudding & Gravy  
Sausage Roll W/Gravy (v)  
Filled Sandwich/Wrap/or Roll  
New Potatoes; Carrot & Swede  
Fruit Flapjack

## Thursday

Mild Spiced Chicken Pittas  
Jacket Potato with Cheese Filling (v)  
Tuna and Sweetcorn Pasta  
Selection of Salad Sticks  
Fruit Jelly

## Friday

Battered Fish  
Cheese & Tomato Pizza Baguette (v)  
Chips; Peas & Sweetcorn  
Fudge Yoghurt



# Week 2

w/c 08/11/21 • 29/11/21 • 20/12/21  
10/01/22 • 31/01/22 • 21/02/22 • 14/03/22

## Monday

Mexican Bean Chilli (v)  
Crispy Cheese & Vegetable Wraps (v)  
Filled Sandwich or Roll (v)  
Brown Rice; Baby Corn  
Seasonal Fruit Selection

## Tuesday

BBQ Chicken Fillet Burger  
Frittata (v)  
Jacket Potato with choice of Filling  
Sweet Potato & Carrots  
Cocoa & Orange Cake with Chocolate Custard

## Wednesday

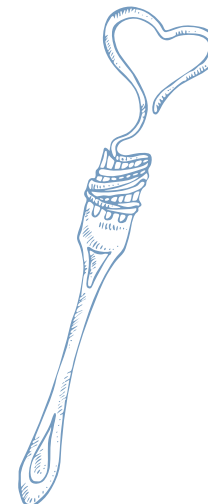
Braised Pork W/Apple  
Braised Quorn W/Apple (v)  
Filled Sandwich/Wrap/or Roll  
Roast Potatoes; Cabbage & Parsnips  
Oaty Crunch W/Vanilla Yoghurt

## Thursday

Beanie Cottage Pie with Cheesy Top  
Beanie Pie with Cheesy Top (v)  
Jacket Potato with choice of Filling  
Crusty Bread; Beetroot & Green Beans  
Spiced Plum & Pear

## Friday

Battered Fish  
Cheese & Tomato Pizza Baguette (v)  
Chips; Peas & Sweetcorn  
Toffee Apple Rice Pudding



# Week 3

w/c 15/11/21 • 06/12/21 • 17/01/22  
07/02/22 • 28/02/22 • 21/03/22

## Monday

Sweet Potato and Mango Curry W/Rice (v)  
Cheese & Garlic Pasta (v)  
Filled Sandwich/Wrap/or Roll (v)  
Roasted Cauliflower  
Pear & Sultana Crumble W/Custard

## Tuesday

Beef Burger  
Mozzarella, Tomato & Pepper Topped Ciabatta (v)  
Jacket Potato with choice of Filling  
Corn on the Cob; Baked Beans  
Fruit Shortbread

## Wednesday

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

## Thursday

Shredded Ham in Mexican Style Beans  
BBQ Beans (v)  
Jacket Potato with choice of Filling  
Crusty Bread; Broccoli  
Peach & Mango Yoghurt

## Friday

Salmon Fish Fingers  
Cheese & Tomato Pizza Baguette (v)  
Chips; Peas & Sweetcorn  
Banana & Ice-cream