



Classic Range



Winter Menu

Week 1

Monday

Mains

Welsh Pork Sausages & Gravy

Salmon Fishfingers

Veg & Carbs

Mashed potato; Baked Beans; Sweetcorn

Dessert

Fruit Flapiack

Tuesday

Mains

Beef & Coconut Curry, Naan Bread

Quorn Sausage Cassoulet

Veg & Carbs

50/50 Rice; Cauliflower; Peas

Dessert

Apple Sponge & Custard

Wednesday

Mains

Roast Chicken, Sage and Onion

Roasted Quorn Fillet

Veg & Carbs

Roast Potatoes; Broccoli; Carrots

Dessert

Cornflake & Strawberry Yoghurt Pot

Thursday

Mains

Chinese Pork Noodles

Fish Pie

Veg & Carbs

New potatoes; Carrots; Green Beans

Dessert

Welsh Sultana Cake

Friday

Mains

Sustainably Sourced Battered Fish

Roasted Vegetable Pasta Bake

Veg & Carbs

Chips; Peas; Sweetcorn

Dessert

Mixed Fruit Salad with Vanilla Yoghurt



Classic Range



St. Helens Council

Winter Menu

Week 2

Monday

Mains

Pork and Beef Tacos, grated cheese

Five bean chilli

Veg & Carbs

50/50 Rice with peas; Mini Corn on the Cob

Dessert

Chocolate Orange Rice Pudding

Tuesday

Mains

Thai Green Chicken Curry

Quorn and Vegetable Tikka/Korma

Veg & Carbs

50/50 Rice; Cauliflower; Peas

Dessert

Superfood Chocolate Brownie

Wednesday

Mains

Roast Beef & Yorkshire Pudding

Cheese, Tomato and Basil Calzone

Veg & Carbs

Roast potatoes; Carrots; Green Beans

Dessert

Cinnamon Waffle, Apple, & Toffee

Thursday

Mains

Chicken and Leek Pie

Cheese & Broccoli Quiche

Veg & Carbs

Mashed potato; Crushed Swede; Broccoli

Dessert

Pancake with mixed berries

Friday

Mains

Sustainably Sourced Battered Fish

Asian Vegetable Noodles

Veg & Carbs

Chips; Peas; Sweetcorn

Dessert

Raspberry Crumble Yoghurt Pot



Classic Range



St. Helens
Council

Winter Menu

Week 3

Monday

Mains

100% Beef Burger, Brioche Bun

Mac'n'Cheese

Veg & Carbs

Potato Swirls; Baked beans;
Peas

Dessert

Baked banana with berries

Tuesday

Mains

Beef chilli and Sour Cream

Cauliflower, Chick Pea &
Coconut Curry, Naan Bread

Veg & Carbs

50/50 Rice; Cauliflower; Peas

Dessert

Vanilla Cheesecake

Wednesday

Mains

Roasted Pork Loin and Apple
Sauce

'Home-made Beans' on Bagel
Toast

Veg & Carbs

Potato Rosti; Crushed Swede;
Savoy Cabbage

Dessert

Raspberry Mousse Slice

Thursday

Mains

Piri Piri Chicken, smoky
coleslaw

Vegetable Pastry Roll

Veg & Carbs

Cajun Wedges; 'Hero' Peas;
Smoky Coleslaw

Dessert

Oat & Cranberry Cookie

Friday

Mains

Sustainably Sourced Battered
Fish

Quorn Bolognese Pasta Bake

Veg & Carbs

Chips; Peas; Sweetcorn

Dessert

Frozen Strawberry Yoghurt