

St Helens Catering Service Event menus 25/26 - Please ensure Kitchens are contacted direct for any dietary information in the first instance for meals requiring specific allergy or dietary needs.

Out of this World Party (Primary)

FOOD OPTION	Primary School Portion Size	Carb Guide
Ufo Beef Burger Slider	109g	24.2
Golden vegetable Asteroids	60g	14.4
Spiral Fries	90g	19.8g
Carrots	40g	2.7g
Crater Cookies	30g	17g

Celebration of St Helens

FOOD OPTION	Primary Portion Size	Carb Guide	Secondary Portion Size	Carb Guide
Cottoms Sausage	57g	5.7g	114g	11.4g
Cheese & Onion Pasty	80g	14.6g	110g	20.0g
Mashed potato	133g	22.4g	217g	43.0g
Seasonal vegetables	45g	2.5g	80g	4.4g
Gravy	20g	0.8g	40g	1.6g
Rugby Biscuit	36g	22g	36g	22g

Italian Banquet (Secondary)

FOOD OPTION	Secondary Portion Size	Carb Guide
Minced Beef Ragu	123g	1.9g
Margherita Pizza	111g	39g
Filled Romana Foccaccia	150g	25.6g
Cooked Pasta Side	160g	58.9g
Caprese salad	67g	1.5g
Affogato	146g	13g

Christmas Dinner

FOOD OPTION	Primary Portion Size	Carb Guide	Secondary Portion Size	Carb Guide
Christmas Dinner	238g	30.2g	355g	45.0g
Veg. Christmas Dinner	245g	33.3g	337g	45.8g
Gravy	20g	0.8g	40g	1.6g
Frosted Chocolate cake	50g	24.1g	50g	24.1g

BBQ Party

FOOD OPTION	Primary Portion Size	Carb Guide	Secondary Portion Size	Carb Guide
BBQ Chicken Burger	120g	36g	150g	37g
Veggie Hotdog	125g	32.3g	240g	63g
Seasoned Wedges	85g	19.2g	130g	29.4g
Corn Cob	60g	10.8g	100g	18g
Fruit & Ice-cream	120g	17.8g	180g	26.7g

World Food Day

FOOD OPTION	Primary Portion Size	Carb Guide	Secondary Portion Size	Carb Guide
Mild Chicken Curry	131g	8.9g	186g	12.6g
Sweet & Sour "Chicken Style"	120g	14.8g	160g	19.7g
Rice	105g	26.7g	165g	42.0g
Seasonal Vegetables	45g	2.5g	80g	4.4g
Custard Tart	124g	28.7g	165g	38.2g

Great British Favourites

FOOD OPTION	Primary Portion Size	Carb Guide	Secondary Portion Size	Carb Guide
Battered Fish	95g	15.6g	95g	15.6g
Homemade Cheese Flan	106g	12.8g	112g	12.4g
Chips	60g	21.3g	90g	32g
Mushy Peas	45g	5.2g	80g	11g
Strawberries & Cream	60g	2.8g	120g	5.6g

National School meals Week Nutrition day

FOOD OPTION	Primary Portion Size	Carb Guide	Secondary Portion Size	Carb Guide
Chicken & Tomato Pasta	261g	42.1g	398g	64.2g
Mixed Bean Chilli & Rice	261g	39.3g	408g	59.9g
Peas & Sweetcorn	40g	6.2g	80g	12.4g
Apple & Pear Crumble	80g	27.2g	170g	58g
Custard	106g	17.5g	106g	17.5g