

Winter 2025 Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1 £2.35	Traditional Beef Hotpot with Crusty Roll	Spicy Veggie Burger	Roast Gammon	Chicken Rogan Josh	Fish Fingers
The Main Event 2 £2.35	Tomato & Mozzarella Pasta	Crispy Cauli Bites	Veggie Toad in the Hole	Chickpea & Sweet Potato Curry	Veggie Sausage
With (included with either of the above)	Winter Greens	Seasoned Wedges	Stuffing, Mashed Potatoes, Seasonal Veg & Gravy	Seasoned Rice	Chips, Peas with Gravy/Curry Sauce
Dessert £1.20	Winter Spiced Fruit & Custard	Chocolate Brownie	Cheese & Cracker Selection	Oat & Raisin Cookies	Trio of Melon

£2.60 Meal Deal

x1 Main Event with Side, plus Dessert or 500ml Spring Water

GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Pork Sausage Roll	Southern Fried Chicken Sandwich	Chinese Chicken Drumsticks	Cheese & Ham Melt	BBQ Bacon Cheese Loaded Wedges
GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Sweet Chilli Corn Riblets	Mac n Cheese Bites	Classic Veggie Dog	Cheese & Onion Bake	Battered Dippers
GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Spud Special - Jacket with Minced Beef & Onion	Spicy Corn Fritter Bites	Choice of Pizza Slice	Spud Special - Jacket with Choice of Curry	Mac n Cheese Bites
GRAB...GO...GONE £1.75/£2.20/£2.25	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings

Changes to Published Menu - The menu maybe subject to change to ensure ingredients are used to the optimum quality or to meet the needs of an individual school.

Dietary requirements - We have vegetarian options daily. Did you know some of our dishes are also vegan friendly?
Alternative Dietary specific recipes, Allergen and Carb information available upon request.



ST HELENS
BOROUGH COUNCIL



COWLEY
INTERNATIONAL COLLEGE

Winter 2025 Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1 £2.35	Beef Chilli Con Carne	BBQ Pulled Pork Roll	Roast Chicken Breast	Spicy Sausage Ragu & Pasta	Chicken Strips
The Main Event 2 £2.35	Mixed Bean Chilli	Veggie Sausage	Quorn Fillet	Cheese & Mozzarella Melt & Salad	Fishless Fingers
With (included with either of the above)	Fluffy Rice	Tater Tots & Corn Cob	Mashed Potatoes, Stuffing, Vegetables, Gravy	Herb Roasted Vegetable Medley	Chips, Peas with Gravy/Curry Sauce
Dessert £1.20	Oaty Apple Crumble & Custard	Cherry & Blueberry Sponge Slice	Chocolate Brownie	American Style Pancakes	Golden Trail Mix

£2.60 Meal Deal

x1 Main Event with Side, plus Dessert or 500ml Spring Water

GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Spud Special - Jacket with Beef Chilli	Loaded Nachos - Mixed Bean / Beef Chilli / BBQ Pulled Pork	Chicken & Stuffing Baguette	Pork Sausage Roll	Southern Fried Chicken Sandwich
GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Cheese & Onion Slice	Cheese Omelette	Sweet Chilli Corn Riblets	Choice of Pizza Slice	Spicy Corn Fritter Bites
GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Fish Finger Barm	Chinese Chicken Drumsticks	BBQ Chicken Wings	Spud Special - Jacket with Sausage Ragu	Cheese & Bacon Tater Tots
GRAB...GO...GONE £1.75/£2.20/£2.25	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings

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INTERNATIONAL COLLEGE

Winter 2025 Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1 £2.35	Hot Honey Seasoned Chicken	Cottoms Pork Sausage	Roast Gammon	Katsu Chicken Curry & Rice	Battered Fish
The Main Event 2 £2.35	Seasoned Quorn Pieces	Veggie Sausage	Veggie Mince in Gravy	Arrabbiata Pasta	Crispy Coated Salmon Fillet w/Sweet Chilli Dip
With (included with either of the above)	Flatbread & Side Salad	Hash Browns & Baked Beans	Garlic Crushed Potatoes, Seasonal Vegetables, Gravy	Garden Peas	Chips, Peas with Gravy/Curry Sauce
Dessert £1.20	Cherry & Blueberry Sponge Slice	Mixed Fruit Pot	Chocolate Brownie	Golden Flapjack	Winter Berry Fruit Split

£2.60 Meal Deal

x1 Main Event with Side, plus Dessert or 500ml Spring Water

GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Chinese Chicken Drumsticks	Tandoori Chicken Naanwich	Pork Sausage Roll	Spud Special - Jacket with Katsu Curry	BBQ Bacon Cheese Loaded Wedges
GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Cheese & Onion Slice	Classic Veggie Dog	Cheese Omelette	Choice of Pizza Slice	Crispy Cauli Bites
GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Choice of Pizza Slice	BBQ Chicken Wings	Jumbo Pork Sausage Hotdog	Cheesy Wedges	Mac n Cheese Bites
GRAB...GO...GONE £1.75/£2.20/£2.25	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings	Fresh Bread & variety of sandwich types and fillings

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Price List

Hot Food

The Main Event	£2.35
Main Event Meal Deal (Main, Dessert, 500ml Water)	£2.60
Grab Go Gone	£1.50 £1.85 £2.20 £2.50
Chips (Friday Only)	£1.80
Sauce/Dip Extra	£0.10
Gravy/Curry Extra	£0.40
Pasta King REG	£2.10
Pasta King LRG	£2.40

Dessert

Piece of Fruit	£0.50
Yoghurt	£0.75
Cookie/Biscuit	£0.80
Brownie/Cake	£0.90
Dessert of the Day	£1.20
Fruit Bag/Pot	£1.00
Belgian Waffle	£0.95
Mini Biscuit Pack	£0.60

Cold Food

Bread Roll	£0.50
Packaged Sandwich/Wrap/ Roll/Jumbo Roll	£1.75/£2.20/£2.25
Fresh Garden Salad	£1.20
REG. Cold Pasta/Salad (x1 Protein Filling)	£1.80
LRG. Cold Pasta/Salad (x1 Protein Filling)	£2.20
Plain Pasta	£1.30
EXTRA Protein Filling	£1.20
EXTRA Cheese Filling	£0.75

Drinks

Milkshake 200ml	£0.80
(Can) Water 330ml	£0.80
Juice Drink 150ml - 200ml	£0.65
(Can) Radnor 330ml	£0.90
Milk 568ml	£1.00
Hot Chocolate	£1.40

Break

Fruit Bag/Pot	£1.00
Dried Fruit Snack	£0.45
Bacon Roll/ Sausage Roll	£1.80
Bacon & Egg Baguette	£2.60
Cheese & Egg Muffin	£1.80
Bacon on Toast	£2.20
Cheese on Toast	£1.00
Toast (per slice)	£0.30
Toasted Bagel (1/2)	£0.45
Toasted Bagel	£0.85
Toasted Teacake	£0.80
American Pancakes x1 (plain)	£0.85
American Pancakes x1 (x1 Topping)	£1.05
Belgian Waffle	£0.95
Soreen Lunchbox	£0.60
Pretzel	£2.20
Piece of Fruit	£0.50
Yoghurt	£0.75

