

Summer 2026 Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1 £2.35	All Day Breakfast (Sausage, Hashbrown, Beans & Tomato & Mushroom)	Philly Cheese Baguette	Roast Pork Loin	Chicken Korma	Crispy Battered Fish Goujons
The Main Event 2 £2.35	Vegan Sausage Roll	Veggie Dog	Quorn Fillet	Quorn Tikka Masala	Chicken Strips
With (included with either of the above)	(Sausage, Hashbrown, Beans & Tomato & Mushroom)	Corn Cob	New Potatoes, Seasonal Veg & Gravy	Flavoured Rice / Garlic Naan & Seasonal Veg	Chips & Mushy Peas
Dessert	Banana w/ Toffee Dip	Summer Fruits & Ice Cream	Chocolate Brownie	Fruity Jelly	Sticky Pineapple Cake

£2.60 Meal Deal

x1 Main Event, Side, Dessert or Juice Drink

GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Sweet Chilli Chicken Wrap	Chinese Chicken Drumsticks	Pizza Selection	Chicken & Mushroom Pie	Classic Cheesy Chips
GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Pork Sausage Dog	Garlic Butter Corn Cobs	Pork & Stuffing Barm	Spud Special - Chicken Korma	Quarter Pounder w/ Cheese
GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Cheese & Bacon Loaded Wedges	Tandoori Chicken Naanwich	BBQ Chicken Wings	Cheese & Tomato Panini Rounds	Fish Finger Sandwich with Curry Dip
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

Did you know some of our dishes are suitable for vegetarian and vegan diets?

Alternative Dietary specific menus, Allergen and Carb information available upon request.

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



ST HELENS
BOROUGH COUNCIL



COWLEY
INTERNATIONAL COLLEGE

Summer 2026 Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1 £2.35	Classic Spaghetti Bolognese	Peri Peri Chicken	Roast Chicken Fillet	Roast Chicken Fillet Pork Meatballs in Tomato Sauce w/ Pasta	Battered Fish
The Main Event 2 £2.35	Tomato & Mozzarella Pasta Bake	Salt & Pepper Quorn	Veggie Sausage	Smoky Cheese & Bean Tacos	Crispy Coated Salmon
With (included with either of the above)	Broccoli	Flatbread & Sweetcorn	Stuffing, Roast Potatoes, Seasonal Veg & Gravy	Corn Cob	Chips & Garden Peas
Dessert	Ice-Cream w/ Fruit Sauce	Golden Flapjack	Black Forest Yoghurt	Classic Shortbread	Muffin

£2.60 Meal Deal

x1 Main Event, Side, Dessert or Juice Drink

GRAB...GO...GONE
£1.50 £1.85 £2.20 £2.50

Pork Sausage Roll

Chicken & Mushroom Pie

Pizza Selection

Chicken & Stuffing Barm

Cauliflower Bites

GRAB...GO...GONE
£1.50 £1.85 £2.20 £2.50

Cheese Omelette

Spud Special - Peri Peri Chicken

Cheese & Herb Roast Potatoes

Garlic Butter Corn Cobs

Spicy Veggie Burger

GRAB...GO...GONE
£1.50 £1.85 £2.20 £2.50

Quarter Pounder w/ Cheese

Cheese & Tomato Panini Rounds

Sticky Gammon & Potato Crunch Box

Meatball Sub

Chilli Cheese Loaded Fries

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

Did you know some of our dishes are suitable for vegetarian and vegan diets?

Alternative Dietary specific menus, Allergen and Carb information available upon request.

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



ST HELENS
BOROUGH COUNCIL



COWLEY
INTERNATIONAL COLLEGE

Summer 2026 Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1 £2.35	Beef Chilli Con Carne	Pulled Chicken Sliders	Sausage Dinner	Chicken Tikka Masala	Fish Finger Trio
The Main Event 2 £2.35	Sweet & Sour Quorn	Tomato & Mozzarella Pasta Bake	Veggie Sausage	Vegan Sausage Roll	Chicken Strips
With (included with either of the above)	Rice & Seasonal Vegetables	Corn Cob	Mashed Potato, Seasonal Veg & Gravy	Garlic & Herb Potatoes & Spring Greens	Chips & Garden Peas
Dessert	Tropical Fruit Salad	Chocolate Brownie	Strawberry Cheesecake Crunch	Golden Flapjacks	Summer Fruits & Ice-cream

£2.60 Meal Deal

x1 Main Event, Side, Dessert or Juice Drink

GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Spud Special - Beef Chilli	Garlic Butter Corn Cob	Sausage Barm	Spud Special - Chicken Tikka	Southern Fried Chicken Burger
GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Chinese Chicken Drumsticks	Cheese & Bacon Loaded Wedges	Pork Sausage Roll	Pizza Selection	Spicy Corn Fritter Bites
GRAB...GO...GONE £1.50 £1.85 £2.20 £2.50	Cheese Omelette	Sweet Chilli Chicken Wrap	Cheese & Tomato Panini Rounds	Veggie Dog	Nachos w/ Cheese & Salsa
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

Did you know some of our dishes are suitable for vegetarian and vegan diets?

Alternative Dietary specific menus, Allergen and Carb information available upon request.

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



ST HELENS
BOROUGH COUNCIL



COWLEY
INTERNATIONAL COLLEGE

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	£0.55
Individual Yoghurt	£0.80
Cookie/Biscuit	£0.80
Brownie/Cake	£0.90
Dessert of the Day	£1.40
Fruit Bag/Pot	£1.00
Belgian Waffle	£0.95
Mini Biscuit Pack	£0.60
Push Ice Lolly	£1.60
Jelly Pot	£0.90
Ice - Cream Pot	£0.80

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	£1.20
Dried Fruit Snack	£0.45
Bacon Roll/Sausage Roll	£1.90
Bacon & Egg Baguette	£2.60
Cheese & Egg Muffin	£2.00
Bacon on Toast - x2 Slice	£2.20
Cheese on Toast - x1 Slice	£1.20
Toast (per slice)	£0.30
Toasted Bagel (1/2)	£0.50
Toasted Bagel	£0.85
Toasted Teacake	£0.80
American Pancakes x1 (plain)	£0.85
American Pancakes x1 (x1 Topping)	£1.20
Belgian Waffle	£0.95
Cinnamon Bun	£2.00
Baked Pretzel	£2.20
Piece of Fruit	£0.55
Individual Yoghurt	£0.80

