

# Meal of the Day Menu

## Week 1

W/C Dates: 01/11/21, 22/11/21, 13/12/21,  
03/01/22, 24/01/22, 07/03/22, 28/03/22

### Monday

Cheesy Potato Bake with Broccoli (v)  
Cheese and Tomato Pizza Baguette with Broccoli (v)  
Dessert - Fruity Flapjack Bar

### Tuesday

Sausage Ragu with Courgette  
Sausage on a Roll with Courgette (v)  
Dessert - Peach and Mango Yoghurt

### British Roast Wednesday

Chicken Dinner, Stuffing & Trimmings  
Lentil Dinner, Stuffing & Trimmings (v)  
Dessert - Cocoa and Orange Pyramid Cake & Chocolate Custard

### Thursday

Chilli Beef Enchiladas, Rice & Mexican Beans  
Mexican Bean Enchiladas, Rice & Roasted Peppers (v)  
Dessert - Winter Spiced Fruit

### Fishtastic Friday

Fish, Chips & Peas  
Quorn Dippers, Chips & Peas (v)  
Dessert - Toffee Bananas & Ice-cream

## Week 2

W/C Dates: 08/11/21, 29/11/21, 20/12/21,  
10/01/22, 31/01/22, 21/02/22, 14/03/22

### Monday

Sweet Potato & Mango Curry, Naan, Rice & Roasted Cauliflower (v)  
Crispy Cheese & Veg Wrap with Side Salad (v)  
Dessert - Winter Berries & Custard

### Tuesday

Cottage Pie, Crusty Bread, Shredded Greens & Pickles  
Vegetable Frittata, Potato Wedges and Side Salad (v)  
Dessert - Fruit Shortbread

### British Roast Wednesday

Braised Pork & Apple Dinner with Trimmings  
Quorn & Apple Dinner with Trimmings (v)  
Dessert - Oat Crunch & Vanilla Yoghurt

### Thursday

Cheese & Herb Chicken, Pasta & Green Beans  
Creamy Garlic & Cheese Pasta with Green Beans (v)  
Dessert - Banana Pancakes

### Fishtastic Friday

Fish, Chips & Peas  
Vegetable Pizza, Chips & Peas (v)  
Dessert - Raspberry Ripple Mousse

## Week 3

W/C Dates: 15/11/21, 06/12/21, 17/01/22,  
07/02/22, 28/02/22, 21/03/22

### Monday

Sausage Roll, Potato Wedges & Baked Beans (v)  
Cheese & Onion Roll, Potato Wedges & Baked Beans (v)  
Dessert - Pear Crumble & Custard

### Tuesday

Teriyaki Style Chicken, Noodles & Stir Fry Vegetables  
Teriyaki Quorn, Noodles & Stir Fry Vegetables (v)  
Dessert - Toffee Apple Rice Pudding

### British Roast Wednesday

Roast Beef Dinner & Yorkshire Pudding with Trimmings  
Vegetarian Sausage & Yorkshire Pudding with Trimmings (v)  
Dessert - Fudge Yoghurt

### Thursday

Meatballs in a Rustic Tomato Sauce, Pasta & Mozzarella  
with Mediterranean Vegetables  
Cheese Burger & Corn Cob (v)  
Dessert - Lemon Drizzle Cake

### Fishtastic Friday

Fish Fingers, Chips & Peas  
Cheese & Squash Dip, Crusty Bread & Peas (v)  
Dessert - Melon Selection

(Plus, a wide selection of hot & cold favourites available daily)



**COWLEY**  
INTERNATIONAL COLLEGE

(v) - Vegetarian

Meal options and menus available on request for special dietary requirements including  
Gluten Free, Dairy Free and Egg Free, Halal, and Carbohydrate Counts can be provided for diabetic students

ST HELENS  
BOROUGH COUNCIL

