

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)

(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



De La Salle School