

# Meal of the Day Menu

## Week 1

W/C Dates: 27/06/22, 18/07/22,  
19/09/22, 10/10/22, 07/11/22

### Meat Free Monday

Spaghetti Bolognese with Cheddar Top

Baked Bean Pasty

Potato Wedges & Broccoli

Ice Lolly

### Tuesday

Chicken Korma

Quorn Korma

Rice, Naan Bread & Cauliflower

Fruit Yoghurt

### Roast Dinner Wednesday

Roast Beef with Yorkshire Pudding & Gravy

Cheese and Veg Finger Wrap

Roast Potatoes; Carrot & Swede

Berry Sponge Cake

### Thursday

Pork Sausage

Cheese & Tomato Pasta Bake

Mashed Potato & Mushy Peas

Flapjack

### Fish & Chips Friday

Battered Fish

Home-made Pizza

Chips & Peas

Fruit & Ice-Cream

## Week 2

W/C Dates: 04/07/22, 05/09/22,  
26/09/22, 17/10/22, 14/11/22

### Meat Free Monday

Cheese & Onion Roll

Quorn Nuggets

Potato Wedges & Baked Beans

Fresh Fruit Salad

### Tuesday

Chicken Tikka

Vegetable Tikka

Rice, Naan Bread & Cauliflower

Banana & Mango Sorbet

### Roast Dinner Wednesday

Cooks Special Roast

Cheese & Tomato Panini

Roast Potatoes & Seasonal Vegetables

Cookie

### Thursday

Meat Feast Pasta Bake

Cheese & Onion Quiche

Garlic Bread & Broccoli

Doughnuts

### Fish & Chips Friday

Battered Fish

Home-made Pizza

Chips & Peas

Summer Berries & Ice-cream

## Week 3

W/C Dates: 11/07/22, 12/09/22  
03/10/22, 31/10/22

### Meat Free Monday

Topped Hot Dog & Potato Wedges

Tomato and Basil Pasta Bake

Corn on the Cob

Bananas & Sultanas

### Tuesday

Sweet & Sour Chicken

Sweet & Sour Quorn

50/50 Rice & Green Beans

Raspberry Ripple Ice-Cream

### Roast Dinner Wednesday

Roast Turkey & Stuffing

Cheese Ploughmans

New Potatoes; Carrots & Cabbage

Fruit Salad

### Thursday

Sausage Roll

Quorn Nuggets

Diced Potatoes & Baked Beans

Peach Yoghurt

### Fish & Chips Friday

Battered Fish/Salmon Fish Fingers

Home-made Pizza

Chips & Peas

Cooks Muffin



**COWLEY**  
INTERNATIONAL COLLEGE

(Plus, a wide selection of hot & cold favourites available daily)  
Some dishes are naturally suitable for Vegan and Vegetarian diets.  
Ask for more information.

**HEINZ**  
ESTD 1869

ST HELENS  
BOROUGH COUNCIL

