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

Fishy 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

Fishy 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 HotDog & 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

Fishy Friday
Battered Fish / Salmon Fish Fingers
Home-made Pizza
Chips & Peas
Cooks Muffin

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

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ST HELENS BOROUGH COUNCIL