

Summer 2024 Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1 £2.10	Penne Bolognese Bake	Smothered BBQ Chicken & Bacon Wedges	Cooks Carvery (Kitchen's Choice of Meat)	Chicken Korma	Battered Fish
The Main Event 2 £2.10	Cheesy Broccoli Pasta Bake (v)	Cheese & Bean Potato Bake (v)	Sausage (v)	Spiced Salmon	Chicken Burger
With (included with either of the above)	Garic Bread & Corn Cob	Seasonal Vegetables	New Potatoes, Peas & Gravy	Bombay Potatoes, Cauliflower, Chilli & Mango Sauce & Naan	Chips & Peas
Dessert £1.00	Summer Fruit Pudding	Flapjack	Belgian Waffle	Melon Berry Medley	Vanilla Ice-cream

£2.60 Meal Deal
x1 Main Event, Side, Dessert & 500ml Water

GRAB...GO...GONE
£1.30 £1.60 £1.90 £2.20

Sausage Roll (v)	Homemade Noodle Pot	Calzone (v)	Cheesy Bacon Wedges	Fish-less Fingers (v)
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GRAB...GO...GONE
£1.30 £1.60 £1.90 £2.20

Pepperoni Pizza Slice	Jacket Potato with Choice of Filling (v)	BBQ Chicken Melt Baguette	Cheese & Tomato Pizza (v)	Coated Chicken Strips
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GRAB...GO...GONE
£1.75/£2.25/£1.40/£1.90

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
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(v) = Suitable for Vegetarians. Did you know some of our dishes are vegan friendly?

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 2024 Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1 £2.10	All Day Breakfast	Sweet & Sour Chicken	Roast Chicken	Chicken Pie	Battered Fish
The Main Event 2 £2.10	All Day Breakfast (v)	Sweet & Sour Quorn (v)	Quorn Fillet (v)	Cheese & Onion Pie (v)	Coated Chicken Strips
With (included with either of the above)	As Above	Egg Fried Rice & Broccoli	Stuffing, Mashed Potato, Gravy, Seasonal Veg	Garlic & Herb Diced Potatoes, Seasonal Veg	Chips & Peas
Dessert £1.00	Fruit Salad	Chocolate Brownie	Blueberry Muffin	Shortbread	Bananas & Butterscotch Sauce

£2.60 Meal Deal
x1 Main Event, Side, Dessert & 500ml Water

GRAB...GO...GONE
£1.30 £1.60 £1.90 £2.20

Sausage Roll (v)

Cheese & Ham Ciabatta

Chicken & Stuffing Baguette

Jumbo Hot Dog (v)

Battered Dippers (v)

GRAB...GO...GONE
£1.30 £1.60 £1.90 £2.20

Pepperoni Pizza

Jacket Potato with Choice of Filling (v)

Cheese & Tomato Pizza (v)

BBQ Chicken & Bacon Loaded Wedges

Fish Finger Butty

GRAB...GO...GONE
£1.75/£2.25/£1.40/£1.90

Fresh Bread & variety of sandwich types and fillings

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INTERNATIONAL COLLEGE

Summer 2024 Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1 £2.10	Pork Sausage Roll	Meat Feast Pasta Bake	Pork Loin	Cheeseburger	Battered Fish
The Main Event 2 £2.10	Sausage Roll (v)	Meatballs and Pasta	Savoury Mince (v)	Tomato & Mozzarella Panini (v)	Chicken Burger
With (included with either of the above)	Mini Potato Chunks, Baked Beans	Seasonal Vegetables	Yorkshire Pudding, Roast Potatoes, Carrot & Swede, Gravy	Seasoned Wedges, Corn Cob	Chips & Peas
Dessert £1.00	Peach Yoghurt	Waffle	Chocolate Cake & Chocolate Custard	Chocolate Cookies	Mixed Fruit Pot

£2.60 Meal Deal

x1 Main Event, Side, Dessert & 500ml Water

GRAB...GO...GONE
£1.30 £1.60 £1.90 £2.20

Filled Pie/
Pasty of the Day

Calzone (v)

Salt & Pepper
Chicken Rice Box

Jacket Potato
with Choice of Filling

Cheese & Tomato
Pizza (v)

GRAB...GO...GONE
£1.30 £1.60 £1.90 £2.20

Loaded Quesadillas (v)

Baked Cheese Tart (v)

Pepperoni Pizza

Homemade
Noodle Pot

Coated Chicken Strips

GRAB...GO...GONE
£1.75/£2.25/£1.40/£1.90

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INTERNATIONAL COLLEGE

Price List

Hot Food

The Main Event	£2.15
Main Event Meal Deal (Main, Dessert, 500ml Water)	£2.60
Grab Go Gone	£1.30 £1.60 £1.90 £2.20
Pasta King REG	£1.60
Pasta King LRG	£1.90
Chips (Friday Only)	£1.40
Sauce/Dip Extra	£0.10
Gravy/Curry Extra	£0.40

Dessert

Fruit	£0.30
Yoghurt	£0.65
Cookie/Biscuit	£0.75
Cake	£0.75
Dessert of the Day	£1.00
Fruit Bag/Pot	£0.60
Doughnut	£0.90
Belgian Waffle	£0.70
Ice-Cream	£1.20

Cold Food

Crusty Bread	£0.50
Garden Salad	£0.50
Pasta & Salad Bar REG	£1.30
Pasta & Salad Bar LRG	£1.60
Packaged Sandwich/Wrap/ Roll/Jumbo Roll	£1.75 / £2.25 / £1.40 / £1.90

Drinks

Milkshake 200ml	£0.60
Water 330ml	£0.40
Water 500ml	£0.55
Flavoured Water 500ml	£0.75
Juice Drink 150ml - 200ml	£0.60
Radnor 330ml	£0.70
Suso 225ml	£0.90
Milk 568ml	£1.00

Break

Fruit	£0.30
Dried Fruit Snack	£0.45
Bacon Roll	£1.40
Sausage Roll	£1.40
Crumpet	£0.50
Toast	£0.25
Cheese on Toast	£0.65
Bagel	£0.65
American Pancakes	£0.75
Belgian Waffle	£0.70
Toasted Teacake	£0.60

