

Summer 2024 Menu

Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------------------------------|--------------------------------------|--|---|-------------------|
| The Main Event 1 £2.35 | Penne Bolognese Bake | Smothered BBQ Chicken & Bacon Wedges | Cooks Carvery (Kitchen's Choice of Meat) | Chicken Korma | Battered Fish |
| The Main Event 2 £2.35 | 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 £1.20 | Summer Fruit Pudding | Flapjack | Belgian Waffle | Melon Berry Medley | Vanilla Ice-cream |

£2.60 Meal Deal

x1 Main Event with Side, plus Dessert or 500ml Water

| | | | | | |
|--|--|--|--|--|--|
| GRAB...GO...GONE £1.45 £1.80 £2.10 £2.50 | Sausage Roll (v) | Homemade Noodle Pot | Calzone (v) | Cheesy Bacon Wedges | Fish-less Fingers (v) |
| GRAB...GO...GONE £1.45 £1.80 £2.10 £2.50 | Pepperoni Pizza Slice | Jacket Potato with Choice of Filling (v) | BBQ Chicken Melt Baguette | Cheese & Tomato Pizza (v) | Coated Chicken Strips |
| GRAB...GO...GONE £1.75/£2.20/£2.25 | 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 |

(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 £2.35 | All Day Breakfast | Sweet & Sour Chicken | Roast Chicken | Chicken Pie | Battered Fish |
| The Main Event 2 £2.35 | 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 £1.20 | Fruit Salad | Chocolate Brownie | Blueberry Muffin | Shortbread | Bananas & Butterscotch Sauce |

£2.60 Meal Deal

x1 Main Event with Side, plus Dessert or 500ml Water

| | | | | | |
|--|--|--|--|--|--|
| GRAB...GO...GONE £1.45 £1.80 £2.10 £2.50 | Sausage Roll (v) | Cheese & Ham Ciabatta | Chicken & Stuffing Baguette | Jumbo Hot Dog (v) | Battered Dippers (v) |
| GRAB...GO...GONE £1.45 £1.80 £2.10 £2.50 | 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/£2.20/£2.25 | 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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INTERNATIONAL COLLEGE

Summer 2024 Menu

Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------------------------------|-----------------------|--|--------------------------------|-----------------|
| The Main Event 1 £2.35 | Pork Sausage Roll | Meat Feast Pasta Bake | Pork Loin | Cheeseburger | Battered Fish |
| The Main Event 2 £2.35 | 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 £1.20 | Peach Yoghurt | Waffle | Chocolate Cake & Chocolate Custard | Chocolate Cookies | Mixed Fruit Pot |

£2.60 Meal Deal

x1 Main Event with Side, plus Dessert or 500ml Water

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|--|--|--|--|--|--|
| GRAB...GO...GONE £1.45 £1.80 £2.10 £2.50 | 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 £1.45 £1.80 £2.10 £2.50 | Loaded Quesadillas (v) | Baked Cheese Tart (v) | Pepperoni Pizza | Homemade Noodle Pot | Coated Chicken Strips |
| GRAB...GO...GONE £1.75/£2.20/£2.25 | 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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Price List

Hot Food

| | |
|--|-------------------------|
| The Main Event | £2.35 |
| Main Event Meal Deal (Main, Dessert, 500ml Water) | £2.60 |
| Grab Go Gone | £1.45 £1.80 £2.10 £2.50 |
| Pasta King REG | £1.80 |
| Pasta King LRG | £2.20 |
| Chips (Friday Only) | £1.60 |
| Sauce/Dip Extra | £0.10 |
| Gravy/Curry Extra | £0.40 |

Dessert

| | |
|--------------------|-------|
| Fruit | £0.30 |
| Yoghurt | £0.80 |
| Cookie/Biscuit | £0.75 |
| Cake | £0.80 |
| Dessert of the Day | £1.20 |
| Fruit Bag/Pot | £0.80 |
| Doughnut | £0.90 |
| Belgian Waffle | £0.70 |
| Ice-Cream | £1.20 |

Cold Food

| | |
|--|-----------------------|
| Crusty Bread | £0.50 |
| Garden Salad | £0.80 |
| Pasta & Salad Bar REG | £1.80 |
| Pasta & Salad Bar LRG | £2.20 |
| Packaged Sandwich/Wrap/ Roll/Jumbo Roll | £1.75 / £2.20 / £2.25 |

Drinks

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|---------------------------|-------|
| Milkshake 200ml | £0.60 |
| Water 330ml | £0.45 |
| Water 500ml | £0.60 |
| Flavoured Water 500ml | £0.90 |
| Juice Drink 150ml - 200ml | £0.60 |
| Radnor 330ml | £0.80 |
| Suso 225ml | £1.20 |
| Milk 568ml | £1.00 |

Break

| | |
|-------------------|-------|
| Fruit | £0.30 |
| Dried Fruit Snack | £0.45 |
| Bacon Roll | £1.75 |
| Sausage Roll | £1.75 |
| Crumpet | £0.60 |
| Toast | £0.30 |
| Cheese on Toast | £0.75 |
| Bagel | £0.75 |
| American Pancakes | £0.75 |
| Belgian Waffle | £0.75 |
| Toasted Teacake | £0.75 |

