

Winter 2024 Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1 £2.35	Penne Bolognese Bake	Teriyaki Chicken / Teriyaki Quorn	Cooks Carvery (Kitchen's Choice of Meat)	Chicken & Ham Melt	Battered Fish
The Main Event 2 £2.35	Winter Cheese Pasta Bake	Spiced Salmon	Sausage	Cheese & Bean Potato Bake	Southern Style Chicken Burger
With (included with either of the above)	Garic Bread & Corn Cob	Rice & Seasonal Vegetables	New Potatoes, Peas & Gravy	Seasoned Wedges, Carrots	Chips & Peas
Dessert £1.20	Fruit Crumble & Ice Cream	Flapjack	Belgian Waffle	Brownie	Winter Berry Cheesecake Crumble

£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	Homemade Noodle Pot	Calzone	Cheesy Bacon Wedges	Fish-less Fingers
GRAB...GO...GONE £1.45 £1.80 £2.10 £2.50	Pepperoni Pizza Slice	Jacket Potato with Choice of Filling	Salt & Pepper Chicken Rice Box	Cheese & Tomato Pizza	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

Winter 2024 Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1 £2.35	Pork Sausage Roll / Sausage Roll	Homemade Chicken Curry	Roast Chicken	Chicken Pie	Battered Fish
The Main Event 2 £2.35	Cheese Omelette	Baked Chilli & Lime Fish	Quorn Fillet	Homemade Curry	Coated Chicken Strips
With (included with either of the above)	Mini Potato Chunks & Baked Beans	50/50 Egg Fried & Naan, Broccoli	Stuffing, Mashed Potato, Gravy, Seasonal Veg	Garlic & Herb Diced Potatoes, Seasonal Veg	Chips & Peas
Dessert £1.20	Pineapple & Ice-cream	Chocolate Brownie	Blueberry Muffin	Shortbread	Chocanana Pot

£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	Warm Ham & Cheese Melt	Chicken & Stuffing Baguette	Beef & Cheese Filled Flatbread	Battered Dippers
GRAB...GO...GONE £1.45 £1.80 £2.10 £2.50	Pepperoni Pizza	Jacket Potato with Choice of Filling	Cheese & Tomato Pizza	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



ST HELENS
BOROUGH COUNCIL

Did you know some of our dishes are suitable for vegetarian and vegan diets?

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.



COWLEY
INTERNATIONAL COLLEGE

Winter 2024 Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1 £2.35	Smothered BBQ Chicken & Wedges	Meat Feast Pasta Bake	Roast Beef	Cheeseburger	Battered Fish
The Main Event 2 £2.35	Winter Cheese Pasta Bake	Meatballs and Pasta	Savoury Mince	Pizza Panini	Chicken Burger
With (included with either of the above)	Seasonal Vegetables	Seasonal Vegetables	Yorkshire Pudding, Roast Potatoes, Carrot & Swede, Gravy	Seasoned Wedges, Garlic Butter Corn Cob	Chips & Peas
Dessert £1.20	Fruit Crumble & Custard	Waffle	Cake & Chocolate Custard	Chocolate Cookies	Caramel Apple Tart

£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	Pork Sausage & Caramelised Onion Bap	Calzone	Beef & Onion Baguette	Jacket Potato with Choice of Filling	Cheesy Chips
GRAB...GO...GONE £1.45 £1.80 £2.10 £2.50	Cheese & Tomato Pizza	Warm Ham & Cheese Melt	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

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
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

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
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



COWLEY
INTERNATIONAL COLLEGE



ST HELENS
BOROUGH COUNCIL