

# Summer 2025 Menu

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Main Event 1</b> £2.35	Penne Bolognese Bake	Smothered BBQ Chicken & Bacon Wedges	Cooks Carvery (Kitchen's Choice of Meat)	Chicken Korma	Battered Fish
<b>The Main Event 2</b> £2.35	Cheesy Broccoli Pasta Bake (v)	Cheese & Bean Potato Bake (v)	Sausage (v)	Salmon Bites	Chicken Burger
<b>With (included with either of the above)</b>	Garlic Bread & Corn Cob	Seasonal Vegetables	New Potatoes, Peas & Gravy	Bombay Potatoes, Cauliflower, Chilli & Mango Sauce & Naan	Chips & Peas
<b>Dessert</b> £1.20	Summer Fruit Pudding	Flapjack	Belgian Waffle	Melon Berry Medley	Theatre Style Ice-cream

## £2.60 Meal Deal

x1 Main Event, Side, Dessert or 500ml Water

<b>GRAB...GO...GONE</b> £1.50 £1.85 £2.20 £2.50	Sausage Roll (v)	Homemade Noodle Pot	Calzone (v)	Cheesy Bacon Wedges	Fish-less Fingers (v)
<b>GRAB...GO...GONE</b> £1.50 £1.85 £2.20 £2.50	Pepperoni Pizza Slice	Jacket Potato with Choice of Filling (v)	BBQ Chicken Melt Baguette	Cheese & Tomato Pizza (v)	Coated Chicken Strips
<b>GRAB...GO...GONE</b> £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

(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.



COWLEY  
INTERNATIONAL COLLEGE

# Summer 2025 Menu

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Main Event 1</b> £2.35	All Day Breakfast	Sweet & Sour Chicken	Roast Chicken	Chicken Pie	Battered Fish
<b>The Main Event 2</b> £2.35	All Day Breakfast (v)	Sweet & Sour Quorn (v)	Quorn Fillet (v)	Cheese & Onion Pie (v)	Coated Chicken Strips
<b>With (included with either of the above)</b>	As Above	Egg Fried Rice & Broccoli	Stuffing, Mashed Potato, Gravy, Seasonal Veg	Garlic & Herb Diced Potatoes, Seasonal Veg	Chips & Peas
<b>Dessert</b> £1.20	Fruit Salad	Chocolate Brownie	Blueberry Muffin	Shortbread	Bananas & Butterscotch Sauce

## £2.60 Meal Deal

x1 Main Event, Side, Dessert or 500ml Water

<b>GRAB...GO...GONE</b> £1.50 £1.85 £2.20 £2.50	Sausage Roll (v)	Warm Cheese & Ham Melt	Chicken & Stuffing Baguette	Jumbo Hot Dog (v)	Battered Dippers (v)
<b>GRAB...GO...GONE</b> £1.50 £1.85 £2.20 £2.50	Pepperoni Pizza	Jacket Potato with Choice of Filling (v)	Cheese & Tomato Pizza (v)	BBQ Chicken & Bacon Loaded Wedges	Fish Finger Butty
<b>GRAB...GO...GONE</b> £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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# Summer 2025 Menu

## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Main Event 1</b> £2.35	Pork Sausage Roll	Meat Feast Pasta Bake	Roast Chicken	Cheeseburger	Battered Fish
<b>The Main Event 2</b> £2.35	Sausage Roll (v)	Veggieballs & Pasta (v)	Savoury Mince (v)	Tomato & Mozzarella Panini (v)	Chicken Burger
<b>With (included with either of the above)</b>	Mini Potato Chunks, Baked Beans	Seasonal Vegetables	Yorkshire Pudding, Roast Potatoes, Carrot & Swede, Gravy	Seasoned Wedges, Corn Cob	Chips & Peas
<b>Dessert</b> £1.20	Peach Yoghurt	Waffle	Chocolate Cake & Chocolate Custard	Chocolate Cookies	Mixed Fruit Pot

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

**GRAB...GO...GONE**  
£1.50 £1.85 £2.20 £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**  
£1.50 £1.85 £2.20 £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

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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	£1.50 £1.85 £2.20 £2.50
Pasta King REG	£2.10
Pasta King LRG	£2.40
Chips (Friday Only)	£1.80
Sauce/Dip Extra	£0.10
Gravy/Curry Extra	£0.40

### Dessert

Piece of Fruit	£0.60
Yoghurt	£0.80
Cookie/Biscuit	£0.80
Cake	£0.90
Dessert of the Day	£1.20
Fruit Bag/Pot	£1.00
Belgian Waffle	£0.95
Ice-Cream Tub	£1.25
Frozen Ices	£1.00

### Cold Food

Crusty Bread	£0.55
Packaged Sandwich/Wrap/ Roll/Jumbo Roll	£1.75 / £2.20 / £2.25
REG Simple Garden Salad/ Plain Pasta	£1.00
REG Cold Pasta & Salad Bar (x1 Protein Filling)	£1.80
LRG Cold Pasta & Salad Bar (x1 Protein Filling)	£2.20
EXTRA Protein Filling	£1.20
EXTRA Cheese Filling	£0.75

### Drinks

Milkshake 200ml	£0.80
(Bottle) Water 330ml	£0.50
(Can) Water 330ml	£0.80
(Bottle) Water 500ml	£0.80
Flavoured Water 500ml	£1.05
Juice Drink 150ml - 200ml	£0.65
Radnor 330ml	£0.90
Milk 568ml	£1.00
Hot Chocolate	£1.40

### Break

Fruit Bag/Pot	£1.00
Dried Fruit Snack	£0.50
Bacon Roll/ Sausage Roll	£1.80
Bacon & Egg Baguette	£2.60
Cheese & Egg Muffin	£1.80
Bacon on Toast	£2.20
Cheese on Toast	£1.00
Toast (per slice)	£0.30
Toasted Bagel (1/2)	£0.45
Toasted Bagel	£0.85
Toasted Teacake	£0.80
American Pancakes x1 (plain)	£0.85
American Pancakes x1 (x1 Topping)	£1.25
Belgian Waffle	£0.95
Soreen Lunchbox	£0.60
Piece of Fruit	£0.60
Yoghurt	£0.80



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