Winter 2026/2027 Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1	Smashed Burger Burrito / Mixed Bean Burrito	Sticky Asian Style Chicken	Bangers & Mash w/ Onion Gravy	Cajun Chicken Pasta	Fish Finger Barm
The Main Event 2	Veggie Sausage	Chicken Style Pieces in Black Bean Sauce	Cheese Pie	Protein Packed Rice Bowl	Crispy Chicken Strips/ Crispy Dippers
With (included with either of the above)	Seasoned Wedges & Baked Beans	Fluffy Rice & Green Beans	Mashed Potato, Garden Peas & Onion Gravy	Broccoli & Cauliflower	Chips & Mushy Peas
Dessert	Zingy Green Fruit Salad w/ Mint Yoghurt Drizzle	Oaty Cookies	Cinnamon Spiced Apple w/ Vanilla Custard	Chocolate Brownies	Fresh Fruit Pot

Meal Deal Upgrade - £2.65

(Main Event, Sides, Fruit & Water)

GRAB...GO...GONE

WITH FREE SALAD!

£1.60 £1.90 £2.40 £2.80

Cheese & Onion Loaded Wedges	Sweet Chilli Veggie Burger	Sausage & Caramelised Onion Baguette	Oozy Cheese Panini	Crispy Chicken Strips
Choice of Pizza	Spud Special Jacket w/ Asian Style Chicken	Tandoori Chicken Flatbread	BBQ Chicken Wings	Sweet Potato Bites w/ Sweet Chilli Drizzle
Duck Bao Bun	Brilliant Blue Beef Taco	Choice of Pizza	Chicken Tikka Loaded Wrap	Chinese Chicken Drumsticks

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 Schools Catering Service

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 2026/2027 Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1	Chicken Tikka Masala	Sweet Chilli Veggie Burger	Roast Chicken Fillet	Hot Honey Chicken Burger	Battered Fish
The Main Event 2	Spinach & Sweet Potato Curry	Tomato Arrabiatta Fusilli	Hearty Cottage Pie	Pork/Veggie Sausage Roll	Pork/Veggie Sausage
With (included with either of the above)	Fluffy Rice & Peas	Garlic Dressed Corn Cob	Stuffing, Roast Potatoes, Seasonal Vegetables & Gravy	Herb Smashed Potatoes & Carrots	Chips & Mushy Peas
Dessert	Sweet & Spicy Pineapple Chunks	Yoghurt Selection	Golden Flapjack	Winter Berry & Lemon Pudding	Marble Cake Slice

Meal Deal Upgrade - £2.65

(Main Event, Sides, Fruit & Water)

GRAB...GO...GONE

WITH FREE SALAD!

£1.60 £1.90 £2.40 £2.80

Choice of Pizza	BBQ Chicken Wings	Chicken & Stuffing Baguette	Pork/Veggie Sausage Roll	Honey Mustard Glazed Sausages
Spud Special Jacket w/Choice of Curry	Brilliant Blue Beef Taco	Smashed Garlic & Herb Potatoes	Festive Bake	Cheesy Bacon Loaded Fries
Cheese & Tomato Omelette	Garlic Ciabatta	Choice of Pizza	Chinese Chicken Drumsticks	Choice of Pizza

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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St Helens Borough Council Schools Catering Service

ST HELENS BOROUGH COUNCIL

COWLEY INTERNATIONAL COLLEGE

Winter 2026/2027 Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Event 1	Oozy Cheese Panini	Jumbo Pork or Veggie Hotdog w/ Seasoned Wedges	Roast Chicken Fillet	Hearty Beef/Bean Chilli	Crispy Fishcake w/ Sweet Chilli Dip
The Main Event 2	Sweet Chilli Veggie Burger	Pasta & Meatballs in a Tomato Sauce	Hearty Cottage Pie	Tandoori Spiced Chicken	Smokey BBQ Glazed Chicken Strips/Quorn Dippers
With (included with either of the above)	Herb Smashed Potatoes & Garden Salad	Veg Medley	Choice of Potatoes, Seasonal Veg & Gravy	Fluffy Rice & Mixed Beans	Chips & Sweetcorn
Dessert	Chocolate Cookies	Orchard Fruits & Custard	Ice-cream & Winter Berries	Chocolate Brownie	Chocolate & Cherry Pudding

Meal Deal Upgrade - £2.65

(Main Event, Sides, Fruit & Water)

GRAB...GO...GONE

WITH FREE SALAD!

£1.60 £1.90 £2.40 £2.80

GRAB...GO...GONE

£1.75/£2.20/£2.25

Cheese & Tomato Omelette	Honey Mustard Glazed Sausages	Duck Bao Bun	Choice of Pizza	Crispy Chicken Strips
Choice of Pizza	Double Beef Burger	Garlic Ciabatta	Spud Special Jacket w/ Choice of Chilli	Fish Finger Barm
Chinese Chicken Drumsticks	Cheese & Onion Loaded Wedges	Chicken & Stuffing Baguette	Tandoori Chicken Flatbread	Sweet Potato Bites w/ Sweet Chilli Drizzle
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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COWLEY INTERNATIONAL COLLEGE

Price List

Hot Food

The Main Event				£2.40
Main Event Meal Deal (Main, Dessert, 500ml Water)				£2.65
Grab Go Gone	£1.60	£1.90	£2.40	£2.80
Chips (Friday Only)				£1.90
Sauce/Dip Extra				£0.10
Gravy/Curry Extra				£0.50
Pasta King REG				£2.00
Pasta King LRG				£2.40

Cold Food

Bread Roll Selection	£0.60
Packaged Sandwich/Wrap/ Roll/Jumbo Roll	£1.75 / £2.20 / £2.25
Fresh Garden Salad	£1.20
REG. Cold Pasta / Salad (x1 Protein Filling)	£2.00
LRG. Cold Pasta / Salad (x1 Protein Filling)	£2.40
Plain Pasta	£1.20
EXTRA. Protein Filling	£1.20
EXTRA. Cheese Filling	£0.80

Break

Fruit Bag / Pot	£1.00
Bacon/Sausage Barm	£2.00
Bacon & Egg Baguette	£2.60
Cheese & Egg Muffin	£2.00
Bacon on Toast - x2 Slice	£2.20
Cheese on Toast - x1 Slice	£1.20
Toast - x1 Slice	£0.35
Toasted Bagel (1/2)	£0.55
Toasted Bagel	£0.90
Toasted Teacake	£0.85
American Pancakes x1 (plain)	£0.85
American Pancakes x1 (x1 Topping)	£1.05
Belgian Waffle	£1.00
Cinnamon Bun	£2.00
Piece of Fruit	£0.50
Individual Yoghurt	£0.75

Dessert

Piece of Fruit	£0.50
Yoghurt	£0.75
Cookie/Biscuit	£0.85
Brownie/Cake	£0.90
Dessert of the Day (other)	£1.30
Fruit Bag/Pot	£1.00
Belgian Waffle	£1.00
Mini Biscuit Pack	£0.80
Jelly Pot	£1.00
Small Theatre Ice - Cream Tub	£1.00

Drinks

Milkshake - 200ml	£0.90
Flavoured Water - 500ml	£1.05
(Bottle) Water - 500ml	£1.05
(Can) Water - 330ml	£0.90
(Bottle) Water - 330ml	£0.65
Juice Drink 150ml - 200ml	£0.80
Radnor - 330ml	£0.95
Milk 500ml/568ml	£1.10
Hot Chocolate	£1.60

COWLEY INTERNATIONAL COLLEGE

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