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# Food & Drink

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Menus

Breakfast Club

Cashless System



St Cuthbert's  
Catholic High School

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WA9 3HE

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Mrs Catherine Twist B. Ed

# Food and drink

Here at St Cuthbert's we operate a BIOMETRIC CASHLESS SYSTEM for the purchase of school meals (further information on page 20). Each student is allocated their own account to credit daily, weekly or whenever convenient.

This is a secure system where students have their finger print scanned at point of payment for food and the amount spent is debited from their account.

Money is paid via the ParentPay system

Students entitled to free school meals receive £2.45 per day at present. This is automatically credited to their account on a daily basis.

- Students are of course welcome to bring their own packed lunch.
- Students are not permitted to leave the school premises at lunch time.

*If students have a genuine reason for leaving the premises, a letter of permission will be required from parents and authorisation from the Head of Year.*

Over the past few years, as a school we have made major developments in providing higher quality menus that not only give a balance of nutrients, but also include foods that students will actually eat and enjoy.

At St Cuthbert's, we provide a three week meal of the day menu cycle which changes twice a year, along with a variety of other food items available daily such as healthy wraps and sandwiches, freshly prepared grab and go items and tasty pasta pots.



# Food and drink

Our Kitchen Team work closely with our School Business Leader, Mr P Magee as well as parents and children to develop new menus. This research helps to create menus that the students will be familiar with, look forward to eating and importantly, be healthy.

All menus now contain more fruit and vegetables than ever before. The majority of processed foods have been removed and we have replaced them with homemade alternatives, using farm assured British meat and sustainable fish. Our recipes contain low levels of salt, sugar and saturated fats.

We are committed to healthy eating and promote the health and wellbeing of students, and all special dietary requirements can be catered for.

Our annual Health Festival Week held in the summer term provides the basis for work to help promote a new healthy eating philosophy within St Cuthbert's and we will continue to work closely with the school in improving students' approach to food, which has been ongoing since June 2016.



*“The food and drink on offer at St Cuthbert's is great, there is a real variety between hot and cold food.”*

**Dom L**



# Sample Autumn term menus

## Week 1

### Monday

Pork Sausages, Onion Gravy  
& Mashed Potato

Cheese & Tomato  
Quesadillas (V)

### Tuesday

'Curry Tuesday'  
Chicken or Quorn Tikka/Korma  
50:50 Rice; Naan Bread  
Mango Chutney; Mint Yoghurt

### Wednesday

Roast Beef, Yorkshire Pudding  
Roast Potatoes; Season Veg  
Vegan Quorn Nuggets (v)

### Thursday

'Hunters Chicken'  
Herby Diced Potatoes  
Cheese & Tomato Pasta Bake (v)

### Friday

Battered Fish, Chips  
& Mushy Peas  
Home-made Deep Pan  
Pepperoni Pizza

## Week 2

### Monday

Breaded Chicken Bites,  
BBQ Sauce

Garlic & Herb Macaroni Cheese  
with Crispy Topping (v)

### Tuesday

'Curry Tuesday'  
Chicken or Quorn Tikka/Korma  
50:50 Rice; Naan Bread  
Mango Chutney; Mint Yoghurt

### Wednesday

Roasted Chicken & Stuffing  
Roast Potatoes & Seasonal Veg  
Veg & Potato Puff Pastry Pie (v)

### Thursday

Pork meatballs with tomato  
Sauce and Pasta Spirals  
Cheddar Cheese & Onion Quiche

### Friday

Battered Fish, Chips  
& Mushy Peas  
Tuna Melt Panini  
Mixed Salad

## Week 3

### Monday

Cheeseburger on Brioche Bun

Salmon & Sweet Potato

Fishcake Duchess  
Potatoes; Peas

### Tuesday

'Curry Tuesday'  
Chicken or Quorn Tikka/Korma  
50:50 Rice; Naan Bread  
Mango Chutney; Mint Yoghurt

### Wednesday

Roasted Pork Loin  
Roast potatoes; Season Veg  
Quorn Stroganoff  
with 50:50 Rice (v)

### Thursday

Spaghetti Bolognese  
Garlic Bread  
Sausage Roll (v)

### Friday

Battered Fish, Chips  
& Mushy Peas  
Organic Vegan 3 bean Chilli  
50:50 rice (v)

# Breakfast Club

Our Breakfast Club is open to **all students** from Monday to Friday in the Dining Hall from 7:30 - 8:20am.

Payment is made in the same way as break and lunchtime food, i.e. via the thumb print and money can be added to your child's account via ParentPay.

*Please check the school website for current menus.*



# Cashless Food and Drink Payment System

## What is a Cashless System?

The School operates a Cashless System for the payment of school meals.

Each student is allocated an account (like a bank account) which stores details of individual cash balances, cash spent and received, where money has been spent and on what type of food, and the date and time the money was spent.

## How does the System recognise the Student?

Students will have their thumbprint scanned and this scan is converted into a number by the System which is then registered against the Student. This way of recording ensures that the fingerprint cannot be reproduced in any way.

## How does the Student pay for meals?

The Student places their thumb on the scanner at the till in the Canteen. This brings up their account showing the Student's name, registration group, photograph and cash balance.

## How does the Student make payments into the System?

Payments should be made by ParentPay online payment system.

## Free School Meals

Students who are entitled to free school meals have their accounts credited daily, automatically, before morning break. Extra money can be added by ParentPay.

## Data Protection

The data held on the System will be handled under the guidelines of the Data Protection Act and access to any of the information is controlled strictly by the School.

## Authorisation

Please give your permission by completing the Cashless Food and Drink Payment System in the authorisation section below:

[Download and complete the sections on the admission form to show that you have read, understood and agree to the above.](#)

