



St Helena's C of E Primary School Menu Year Group Name:

Week 1 W/C 04.09.23, 25.09.23, 16.10.23, 30.10.23, 20.11.23, 11.12.23

	Option 1	Option 2	
Monday	Home-made Cheese and Tomato Pizza Slice with Baked Beans (low sugar/salt)	Macaroni Cheesy Pasta with Ham (optional), Carrot sticks & Cucumber	Rice Pudding
Tuesday	Chunky Chicken Korma with Rice & Mixed Veg	Jacket Potato & Salad Bar (a selection of toppings available)	Fruity Flapjack & a cup of Milk
Wednesday	Cottage Pie with Carrots and gravy.	Vegetable Biryani & Carrots	Fruit Salad & Ice cream
Thursday	Roast Pork, Mashed Potato, Sweet Potato Mash, Broccoli & Sweetcorn.	Savoury Quorn mince, Mash & Sweetcorn.	Mixed berry yoghurt
Friday	Breaded Cod with Saute Potatoes & Peas	Jacket Potato & Salad Bar (a selection of toppings available)	Chocolate Sponge & Custard

Week 2 W/C 11.09.23, 02.10.23, 06.11.23, 27.11.23, 18.12.23

	Option 1	Option 2	
Monday	Cheese & Tomato Pasta with Sweetcorn.	Jacket Potato & Salad Bar (a selection of toppings available)	Lemon Sponge & Custard
Tuesday	Sausage & Mash with Mixed Seasonal Vegetables & Gravy	Jacket Potato & Salad Bar (a selection of toppings available)	Oaty Fruit Crumble & Custard
Wednesday	Roast Chicken, Roast Potatoes & Whole Green Beans & Gravy	Quorn and Vegetable Casserole and Rice	Fruit Sponge & custard
Thursday	Pasta Bolognese with Mixed Salad.	Broccoli, Potato & Cheese Bake with Mixed Salad	Fruit Salad & Ice cream
Friday	Salmon Fish Cakes with Mashed Potatoes & Baked Beans.	Jacket Potato & Salad Bar (a selection of toppings available)	Carrot cake

Week 3 W/C 18.09.23, 09.10.23, 13.11.23, 04.12.23

	Option 1	Option 2	
Monday	Chicken Casserole with Mashed Potatoes & Carrots.	Jacket Potato & Salad Bar (a selection of toppings available)	Chocolate and Date Cake with Chocolate Sauce
Tuesday	Sausage meatballs and pasta in tomato sauce with Sweetcorn	Veggie Sausage & Sweet Potato Wedges and Sweetcorn	Fruity Yoghurt
Wednesday	Cheese and Tomato Pizza with baked beans	Vegetable and Bean Stew with Mashed Potato	Oaty Apple Crumble and Custard
Thursday	Cottage pie with green beans	Jacket Potato & Salad Bar (a selection of toppings available)	Apricot and Apple Flapjack with a cup of Milk
Friday	Breaded Cod with Mashed Potatoes & Mixed Veg	Ratatouille Pasta Bake, with Mixed Veg	Banana Cake & Custard

Salad Bar includes a selection of fruits, salads, pasta and rice. Wholemeal bread is available everyday. Please choose Option 1 or 2 each day. Please note from Y3 onwards meals cost £2.20 per day to be booked a week in advance. Thank you.