

St Helena's C of E Primary School Menu






Name:

Week 1

W/c 29.10.18

19.11.18

10.12.18






|  |  |                                   |                |                            |           |
|--|--|-----------------------------------|----------------|----------------------------|-----------|
| Monday<br>    | *Home-made Cheese and Tomato Pizza Slice             | with Baked Beans (low sugar/salt) | *Jacket Potato | Rice Pudding               | Salad Bar |
| Tuesday<br>   | *Chunky Chicken Korma                                | and Vegetable Rice                | *Jacket Potato | Fruity Flapjack            | Salad Bar |
| Wednesday<br> | *Cottage Pie   | with Carrots and gravy            | *Jacket Potato | Chocolate Cake and Custard | Salad Bar |
| Thursday<br>  | *Roast Pork with sweet potato, mash and roast potato | Broccoli, cauliflower and gravy   | *Jacket Potato | Fruit Salad                | Salad Bar |
| Friday<br>    | *Breaded Fish  | With Mashed Potatoes & Peas       | *Jacket Potato | Tutti Frutti & Custard     | Salad Bar |

Week 2

W/c 05.11.18

26.11.18






17.12.18

|  |                             |  |                |                         |           |
|--|-----------------------------|--|----------------|-------------------------|-----------|
| Monday<br>      | *Cheese & Tomato Pasta Bake | with Carrots and Sweetcorn.            | *Jacket Potato | Syrup Sponge & Custard  | Salad Bar |
| Tuesday<br>    | *Sausage and Mash           | with Mixed Seasonal Vegetables & Gravy | *Jacket Potato | Fruit Crumble & Custard | Salad Bar |
| Wednesday<br> | *Roast Chicken              | Mashed potatoes and Green Beans        | *Jacket Potato | Fruit Salad             | Salad Bar |
| Thursday<br>  | *Pasta Bolognese            | with Garlic Bread                      | *Jacket Potato | Glazed carrot cake      | Salad Bar |
| Friday<br>    | *Breaded Salmon Fish Cakes  | with Saute Potatoes and Baked Beans    | *Jacket Potato | Shortbread Biscuit      | Salad Bar |

Week 3

W/c 12.11.18

03.12.18

|  |  |  |                |  |           |
|--|--|--|----------------|--|-----------|
| Monday<br>    | *Chicken & Bean Casserole                    | with Mashed Potatoes and Mixed Vegetables. | *Jacket Potato | Chocolate, Date and Orange Cake with Chocolate Sauce | Salad Bar |
| Tuesday<br>   | *Sausage meatballs and pasta in tomato sauce |  | *Jacket Potato | Fruity Yoghurt                                       | Salad Bar |
| Wednesday<br> | *Vegetable & Cheese Pizza (tomato & pepper)  | with mixed salad.                          | *Jacket Potato | Apple Crumble  | Salad Bar |
| Thursday<br>  | *Chilli Con Carne                            | with Rice                                  | *Jacket Potato | Date and apricot honey flapjack                      | Salad Bar |
| Friday<br>    | *Breaded Fish                                | with Mashed Potatoes, carrots and Peas     | *Jacket Potato | Banana Cake & Custard                                | Salad Bar |

\*Please choose one. Various Jacket Potato fillings available on the day. Vegetarian alternatives to the main meal are available.

Salad Bar includes fruits, salads, bread, pasta and rice. Seasonal local produce used whenever possible.