






St Helena's C of E Primary School Menu

Week 1

W/c 04.09.17

25.09.17






16.10.17

Monday 	*Home-made Cheese and Tomato Pizza Slice	with Baked Beans (low sugar/salt)	*Jacket Potato	Rice Pudding	Salad Bar
Tuesday 	*Chunky Chicken Korma	and Vegetable Rice	*Jacket Potato	Fruity Flapjack	Salad Bar
Wednesday 	*Cottage Pie	with Carrots and gravy	*Jacket Potato	Chocolate Cake and Custard	Salad Bar
Thursday 	*Roast Beef with sweet potato, mash and roast potato	Broccoli, cauliflower and gravy	*Jacket Potato	Fruit Salad	Salad Bar
Friday 	*Fish pie with mashed potato topping	Peas	*Jacket Potato	"Harkou" Pudding (Apple Sponge & Custard)	Salad Bar

Week 2

W/c 11.09.17






02.10.17

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

Week 3

W/c 18.09.17

09.10.17

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