

ST. HELEN'S CATHOLIC PRIMARY SCHOOL

SUMMER LUNCH MENU (WEEK 3)

WEEK 3	MONDAY	TUESDAY	Wednesday	Thursday	Friday
RED	Spaghetti Bolognese celery, wheat	Ham and Tomato Pizza wheat, soya, milk	Chicken Pie wheat, milk	Pork Sausages in a roll wheat, celery, sulphur dioxide	Fish Fingers fish, wheat
GREEN	Spanish Omelette egg	Vegetarian Pizza (V) wheat, soya, egg, milk	Quorn Pie (V) egg, wheat, milk	Vege Sausages in a roll (V) wheat, egg milk, soya, celery	Fish Baked with Cheese & Herbs Fish, milk, wheat
BLUE Baked potato with filling	Bolognese / beans / cheese / tuna mayo milk in cheese, egg, fish in tuna	Tuna mayo / cheese / coleslaw egg, milk in cheese, fish in tuna	Tuna mayo / cheese / coleslaw egg, milk in cheese, fish in tuna	Tuna mayo / cheese / coleslaw egg, milk in cheese, fish in tuna	Beans / cheese / tuna mayo milk in cheese, egg, fish in tuna
PURPLE	Cheese wrap milk in cheese, wheat	Egg roll egg, wheat, soya	Ham quorn sandwich wheat, soya	Egg roll egg, wheat, soya	Cheese wrap milk in cheese, wheat
PINK	Tuna mayo wrap egg, fish in tuna, wheat	Ham roll Wheat, soya	Cream cheese & bacon sandwich milk in cheese, wheat, soya	Sausage roll celery, sulphur dioxide, wheat, soya	Egg mayo wrap egg, wheat
ORANGE	Ham wrap wheat	Turkey roll Wheat, soya	Chicken sandwich wheat, soya	Ham roll wheat, soya	Tuna mayo wrap egg, fish in tuna, wheat

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SUMMER LUNCH MENU (WEEK 4)

WEEK 4	MONDAY	TUESDAY	Wednesday	Thursday	Friday
RED	Chicken Nuggets wheat, egg	Beefburger in a roll wheat	Macaroni Cheese with Bacon wheat, milk	Chicken Drumsticks soya	Fish Fingers fish, wheat
GREEN	Vegetarian Nuggets (V) wheat	Vegetarian Burger (V) egg, wheat, barley	Macaroni Cheese (V) wheat, milk	Salmon Fishcakes fish, wheat, egg	Cheese Omlette (V) milk, egg
BLUE Baked potato with filling	Tuna mayo / cheese / coleslaw egg, milk in cheese, fish in tuna	Tuna mayo / cheese / coleslaw egg, milk in cheese, fish in tuna	Bacon / beans / cheese / tuna mayo milk in cheese, egg, fish in tuna	Tuna mayo / cheese / coleslaw egg, milk in cheese, fish in tuna	Beans / cheese / tuna mayo milk in cheese, egg, fish in tuna
PURPLE	Cheese wrap milk in cheese, wheat	Egg roll egg, wheat, soya	Ham quorn sandwich wheat, soya	Egg roll egg, wheat, soya	Cheese wrap milk in cheese, wheat
PINK	Tuna mayo wrap egg, fish in tuna, wheat	Ham roll wheat, soya	Cream cheese & bacon sandwich milk in cheese, wheat, soya	Sausage roll celery, sulphur dioxide, wheat, soya	Egg mayo wrap egg, wheat
ORANGE	Ham wrap wheat	Turkey roll wheat, soya	Chicken sandwich wheat, soya	Ham roll wheat, soya	Tuna mayo wrap egg, fish in tuna, wheat