

ST. HELEN'S CATHOLIC PRIMARY SCHOOL

SUMMER LUNCH MENU (WEEK 1 )

WEEK 1	MONDAY	TUESDAY	Wednesday	Thursday	Friday
Option 1 <b>RED BAND</b>	Spaghetti Bolognese <i>celery, wheat</i>	Ham and Tomato Pizza <i>wheat, soya, milk</i>	Chicken Pie <i>wheat, milk</i>	Pork Sausages in a roll <i>wheat, sulphur dioxide</i>	Fish Baked with Cheese & Herbs <i>Fish, milk, wheat</i>
Option 2 <b>GREEN BAND</b>	Spanish Omelette <i>egg</i>	Vegetarian Pizza (V) <i>wheat, egg, milk</i>	Quorn Pie (V) <i>egg, wheat, milk</i>	Vege Sausages in a roll (V) <i>Wheat, egg milk</i>	Fish Fingers <i>fish, wheat</i>
Baked Potato with filling <b>BLUE BAND</b>	<b>Hot filling:</b> Bolognese or Cold Filling Options (V)	<b>Cold Fillings</b> Options (V)	<b>Cold Fillings</b> Options (V)	<b>Cold Fillings</b> Options (V)	<b>Hot filling:</b> Baked Beans or Cold Filling Options (V)
Option 3 GRAB A BAG <b>PURPLE BAND</b>	Wrap with variety of fillings (v) <i>Wheat, egg, fish</i>	Assorted Filled Rolls (v) <i>Milk, egg, wheat, fish</i>	Assorted Filled Sandwich (v) <i>Milk, egg, wheat, fish</i>	Rolls with variety of fillings (v) <i>Wheat, egg, fish</i>	Assorted Filled Wraps (v) <i>egg, wheat, fish, milk</i>
<b>On all options</b> - children can choose from the daily selection of Vegetables/Salad/Fruit/Desserts	Children also have a choice of milk/water/juice on Friday's and bread	<b>Baked Potato</b> fillings include: Cheese, Tuna Mayo, Beans, Bacon	<b>Grab a bag</b> fillings: Chicken, Ham, Sausage, Cheese, Tuna Mayo, Egg Mayo, Cream Cheese, Quorn - (for daily choice see grab a bag menu)	<b>Allergens are in red</b>	All items on the menu are subject to availability. Changes to the menu may occur during the year, for example on Theme Days and for unavoidable problems with deliveries.

ST. HELEN'S CATHOLIC PRIMARY SCHOOL

SUMMER LUNCH MENU (WEEK 2 )

WEEK 1	MONDAY	TUESDAY	Wednesday	Thursday	Friday
Option 1 <b>RED BAND</b>	Chicken Nuggets <i>wheat, egg</i>	Beefburger in a roll <i>wheat</i>	Macaroni Cheese with Bacon <i>Wheat, milk</i>	Chicken Drumsticks <i>soya</i>	Fish Fingers <i>fish, wheat</i>
Option 2 <b>GREEN BAND</b>	Vegetarian Nuggets (V) <i>wheat</i>	Vegetarian Burger (V) <i>Egg, wheat, barley</i>	Macaroni Cheese (V) <i>Wheat, milk</i>	Salmon Pasta <i>fish, wheat</i>	Cheese Omlette (V) <i>milk, egg</i>
Baked Potato with filling <b>BLUE BAND</b>	<b>Cold Fillings</b> Options (V)	<b>Cold Fillings</b> Options (V)	<b>Hot filling:</b> Baked Beans + Bacon or Cold Filling Options (V)	<b>Cold Fillings</b> Options (V)	<b>Hot filling:</b> Baked Beans or Cold Filling Options (V)
Option 3 GRAB A BAG <b>PURPLE BAND</b>	Wrap with variety of fillings (v) <i>egg, wheat, fish, milk</i>	Assorted Filled Rolls <i>egg, wheat, fish, milk</i>	Assorted Filled Bagel <i>egg, wheat, fish, milk</i>	Rolls with variety of fillings (v) <i>egg, wheat, fish, milk</i>	Assorted Filled Wraps <i>egg, wheat, fish, milk</i>
<b>On all options</b> - children can choose from the daily selection of Vegetables/Salad/Fruit/Desserts	Children also have a choice of milk/water/juice on Friday's and bread	<b>Baked Potato</b> fillings include: Cheese, Tuna Mayo, Beans, Bacon	<b>Grab a bag</b> fillings: Chicken, Ham, Sausage, Cheese, Tuna Mayo, Egg Mayo, Cream Cheese, Quorn - (for daily choice see grab a bag menu)	<b>Allergens are in red</b>	All items on the menu are subject to availability. Changes to the menu may occur during the year, for example on Theme Days and for unavoidable problems with deliveries.