

ST. HELEN'S CATHOLIC PRIMARY SCHOOL

WINTER LUNCH MENU (WEEK 1)

| WEEK 1 | MONDAY | TUESDAY | Wednesday | Thursday | Friday |
|---|---|--|--|---|---|
| RED BAND | Chicken Curry with rice celery | Pork Sausages with mash wheat, celery | Roast Meat with Roast Potatoes | Chicken Stir Fry and Noodles wheat, egg, soya | Cod Fish Fingers fish, wheat |
| GREEN BAND | Quorn Curry with rice celery, egg | Vegetarian Sausages with mash wheat, soya, celery | Quorn slices with Roast Potatoes egg, milk | Quorn Stir Fry and Noodles wheat, egg, soya | Cheese and Chive Omlette egg, milk |
| BLUE BAND Baked Potato with filling | Curry / beans / cheese / tuna mayo milk in cheese, egg, fish in tuna | Beans / cheese / tuna mayo milk in cheese, egg, fish in tuna | Beans / bacon cheese / tuna mayo milk in cheese, egg, fish in tuna | Beans / cheese / tuna mayo milk in cheese, egg, fish in tuna | Beans / cheese / tuna mayo milk in cheese, egg, fish in tuna |
| PURPLE BAND GRAB A BAG | Assorted Filled Wrap (v) egg, wheat, fish, milk | Assorted Filled Roll (v) egg, wheat, fish, milk | Assorted Filled Sandwich (v) egg, wheat, fish, milk | Assorted Filled Roll (v) egg, wheat, fish, milk | Assorted Filled Wrap (v) egg, wheat, fish, milk |
| On all options - children can choose from the daily selection of Vegetables/Salad/ Fruit/Desserts | Children also have a choice of milk/water and bread | Baked Potato fillings include: Cheese, Tuna Mayo, Beans, Bacon | Grab a bag fillings: Chicken, Ham, Sausage, Bacon, Turkey, Cheese, Cream Cheese, Tuna Mayo, Egg, Egg Mayo, Quorn (see daily menu) | Allergens are in red | 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

WINTER LUNCH MENU (WEEK 2)

| WEEK 1 | MONDAY | TUESDAY | Wednesday | Thursday | Friday |
|---|--|--|--|---|---|
| RED BAND | Chilli Con Carne with Rice celery | Salmon Pasta Bake fish, wheat | Chicken Pie with Roast Potatoes wheat, milk | Pork and Beef Meatballs with Spaghetti wheat, barley | Cod Fish Fingers with Chips fish, wheat |
| GREEN BAND | Vegetarian Chilli with Rice celery, soya | Vegetarian nuggets with potatoes or couscous egg, wheat, milk | Quorn Pie with Roast Potatoes egg, wheat, milk | Vegetable Meatballs with Spaghetti wheat, soya | Vegetarian Pizza milk, egg, wheat |
| BLUE BAND Baked Potato with filling | Chilli / beans / cheese / tuna mayo milk in cheese, egg, fish in tuna | Beans / cheese / tuna mayo milk in cheese, egg, fish in tuna | Beans / bacon cheese / tuna mayo milk in cheese, egg, fish in tuna | Beans / cheese / tuna mayo milk in cheese, egg, fish in tuna | Beans / cheese / tuna mayo milk in cheese, egg, fish in tuna |
| PURPLE BAND GRAB A BAG | Assorted Filled Wrap (v) egg, wheat, fish, milk | Assorted Filled Roll (v) egg, wheat, fish, milk | Assorted Filled Sandwich (v) egg, wheat, fish, milk | Assorted Filled Roll (v) egg, wheat, fish, milk | Assorted Filled Wrap (v) egg, wheat, fish, milk |
| On all options - children can choose from the daily selection of Vegetables/Salad/ Fruit/Desserts | Children also have a choice of milk/water and bread | Baked Potato fillings include: Cheese, Tuna Mayo, Beans, Bacon | Grab a bag fillings: Chicken, Ham, Sausage, Bacon, Turkey, Cheese, Cream Cheese, Tuna Mayo, Egg, Egg Mayo, Quorn (see daily menu) | Allergens are in red | 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. |

| | Monday Wrap | | Tuesday Roll | | Wednesday Sandwich | | Thursday Roll | | Friday Wrap |
|-------|------------------------|-------|-----------------|-------|----------------------------|-------|------------------|-------|----------------|
| A | Cheese and Cucumber | A | Egg | A | Ham Quorn | A | Egg | A | Cheese |
| B | Tuna Mayo | B | Ham | B | Cream Cheese + Bacon | B | Sausage | B | Egg Mayo |
| C | Ham | C | Turkey | C | Chicken | C | Ham | C | Tuna Mayo |
| Add S | With salad | Add S | With salad | Add S | With salad | Add S | With salad | Add S | With salad |