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 wheat	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