



## St Helens School Lunch Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soupa	Pumpkin & Carrot	Cauliflower & Ginger	Tomato & Basil	Cream of Mushroom	Leek & Potato
Bread of the day	Cumin seed & Rye	Herb & Garlic	Chilli	Sun dried Tomato & Coriander	Olive
The main Event	Jamaican Jerk chicken	Minced Lamb Lasagne	Roast Beef & Yorkshire Pudding	Lamb & Aubergine Stew	Home Made Beef Burger in a Bap
Meat Free Zone	Spinach & Feta Cheese Pie	Mediterranean Vegetable & Quorn Lasagne	Pumpkin & Potato Pie	Fried Courgettes With Rice	Spicy Bean Burger in a Bap
And to go with.....	Steamed rice Mini roast potatoes Grilled Tomatoes	Italian Style Salad Garlic Bread	Roast Potatoes Oven Baked Parsnips & Turnips	Steamed Basmati Rice Leek & Carrots	Baked Beans Vegetable Medley
Plenty of Pasta	Penne	Conchiglli	Shells	Rotini	Penne
Pasta Sauces	Tomato & Basil Mushroom	Tomato & Basil Paprika	Tomato & Basil Coriander & Parsley	Tomato & Basil Mixed Pepper	Tomato & Basil
Dinner Jackets	Baked Beans Coleslaw Grated Cheese	Baked Beans Coleslaw Grated Cheese	Baked Beans Coleslaw Grated Cheese	Baked Beans Coleslaw Grated Cheese	Baked Beans Coleslaw Grated Cheese
100% Fresh....	Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar
Scrummy Puds	Mixed Fruit Crumble & custard	Bread & butter Pudding Served with Custard	Chocolate & Ginger Cake	Fruit filled Pancakes'	Comfort Cookies
Fresh Fruit	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter

Available Daily; Home-made Yoghurt—Fresh Fruit Salad

Menus are Subject to alteration without notice



## St Helens School Lunch Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soupa	Butterbean & Vegetable	Spinach Potato & Celeriac	Continental Lentil	Minestrone	Majorcan
Bread of the day	Onion	Potato Flour	Southern Corn	Oregano	Rosemary
The main Event	Chicken & Spinach Crumble	Beef & Haricot Bean Casserole	Traditional Cottage Pie	Lamb Curry	Jumbo chicken Sausage In a Roll
Meat Free Zone	Mushroom & Pepper Pastry Cases	Stuffed Aubergine & Peppers	Vegetarian Cottage Pie	Curried Vegetables	Vegetable dogs in a Bun
And to go with.....	Garlic Mashed Potatoes Sauté Courgettes & Crouton salad	Cracked Wheat Pilaf Fresh Broccoli Spears	Minted Garden Peas Steamed Fresh Carrots	Basmati Rice Fresh Cauliflower Florets Poppadoms	Steamed New potatoes Baked Beans
Plenty of Pasta	Spirals	Farfalle	Conchiglli	Penne	Macharoni
Pasta Sauces	Tomato & Basil Cheese	Tomato & Basil Green Vegetable	Tomato & Basil Paprika	Tomato & Basil Alfredo	Tomato & Basil
Dinner Jackets	Baked Beans Coleslaw Grated Cheese	Baked Beans Coleslaw Grated Cheese	Baked Beans Coleslaw Grated Cheese	Baked Beans Coleslaw Grated Cheese	Baked Beans Coleslaw Grated Cheese
100% Fresh....	Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar
Scrummy Puds	Pineapple Upside down Cake With Custard	Chefs Own Double Decker Date Bars	Home Made Rice Pudding with Jam Sauce	Marbled Chocolate Sponge & Chocolate Sauce	Home Made Apricot Flapjacks
Fresh Fruit	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter

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## St Helens School Lunch Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soupa	Pumpkin & Carrot	Cauliflower	Mediterranean Tomato	Mushroom & Herb	Leek & Potato
Bread of the day	Rye	Garlic	Coriander	Tomato	Herb Scented
The main Event	Turkey Tikka Masala	Hungarian Beef Goulash	Roasted Chicken Thigh with Sage & Onion Stuffing	Ocean Pie	Pepperoni Pizza
Meat Free Zone	Quorn & Vegetable Bitiyani	Filo wrapped Vegetable Parcels	Provençal Vegetable Tart	Macaroni & Roasted Vegetable Cheese Bake	Margherita Pizza
And to go with.....	Savoury Rice Cucumber & Mint Raita Mini Naan Bread	Tagliatelli Crispy Green Cabbage Greek salad	Roasted Potatoes Baton Carrots Steamed Fresh Leeks	Fresh Broccoli Spears Garden Peas	Jacket Halves Roasted Mediterranean Vegetables Italian Salad
Plenty of Pasta	Penne	Conchigli	Shells	Rotini	Penne
Pasta Sauces	Tomato & Basil Mushroom	Tomato & Basil Paprika	Tomato & Basil Coriander & Parsley	Tomato & Basil Mixed Pepper	Tomato & Basil
Dinner Jackets	Baked Beans Coleslaw Grated Cheese	Baked Beans Coleslaw Grated Cheese	Baked Beans Coleslaw Grated Cheese	Baked Beans Coleslaw Grated Cheese	Baked Beans Coleslaw Grated Cheese
100% Fresh....	Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar	Selection from the Salad Bar
Scrummy Puds	Cranberry Filled Pancakes	Spiced Apple Cake	Orange Jelly	Warm Lemon Syrup Cake	Cream Caramel
Fresh Fruit	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter

Available Daily; Home-made Yoghurt—Fresh Fruit Salad

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