

**ST. HELEN'S CATHOLIC PRIMARY SCHOOL
SUMMER LUNCH MENU 2023**

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED	pork meatballs cheese spaghetti sweetcorn <i>contains wheat, egg, milk</i>	chicken tikka masala rice naan bread peas <i>contains milk, wheat</i>	roast turkey roast potatoes mixed vegetables	macaroni cheese & ham pom potatoes sweetcorn <i>contains mustard, wheat, milk</i>	fish fingers chips beans/spaghetti <i>contains fish, wheat, egg, milk</i>
GREEN	quorn balls spaghetti cheese sweetcorn <i>contains soya, wheat, egg, milk</i>	quorn tikka masala rice naan bread <i>contains soya, milk, wheat</i>	quorn roast roast potatoes mixed vegetables <i>contains soya</i>	cheese quiche pom potatoes sweetcorn <i>contains wheat, milk, egg</i>	fish fillet chips beans/spaghetti <i>contains wheat, milk, egg, fish</i>
BLUE	jacket pototo tuna mayo <i>contains fish, egg</i>	jacket pototo tuna mayo <i>contains fish, egg</i>	jacket pototo tuna mayo <i>contains fish, egg</i>	jacket pototo tuna mayo <i>contains fish, egg</i>	jacket pototo tuna mayo <i>contains fish, egg</i>
PURPLE	jacket potato cheese & beans <i>contains milk</i>	jacket potato cheese & beans <i>contains milk</i>	jacket potato cheese & beans <i>contains milk</i>	jacket potato cheese & beans <i>contains milk</i>	jacket potato cheese & beans <i>contains milk</i>
PINK	cheese roll <i>contains wheat, milk</i>	egg sandwich <i>contains egg, wheat</i>	ham roll <i>contains wheat</i>	turkey sandwich <i>contains wheat</i>	cheese wrap <i>contains milk, wheat</i>
ORANGE	tuna mayo roll <i>contains fish, wheat, egg</i>	pork sausage roll <i>contains sulphur dioxide, sulphites, wheat</i>	cheese roll <i>contains wheat, milk</i>	tuna mayo sandwich <i>contains egg, wheat, fish</i>	egg mayo wrap <i>contains egg, wheat</i>
YELLOW - must be booked please	HOME PACKED LUNCH	HOME PACKED LUNCH	HOME PACKED LUNCH	HOME PACKED LUNCH	HOME PACKED LUNCH

**ST. HELEN'S CATHOLIC PRIMARY SCHOOL
SUMMER LUNCH MENU 2023**

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RED	BBQ chicken in BBQ sauce savoury rice new potatoes broccoli, peas	beef lasagne garlic bread sweetcorn, peas contains wheat, milk	roast chicken drumstick roast potatoes mixed vegetables	beef burgers potato wedges spaghetti contains wheat	fish fingers chips beans/spaghetti contains fish, wheat, egg, milk
GREEN	vegetable nuggets savoury rice new potatoes broccoli, peas contains wheat, egg, milk	vegetable burgers tomato pasta garlic bread sweetcorn, peas contains wheat	quorn roast roast potatoes mixed vegetables	pizza margherita potato wedges spaghetti contains milk, wheat	fish fillet chips beans/spaghetti contains wheat, milk, egg, fish
BLUE	jacket pototo tuna mayo contains fish, egg	jacket pototo tuna mayo contains fish, egg	jacket pototo tuna mayo contains fish, egg	jacket pototo tuna mayo contains fish, egg	jacket pototo tuna mayo contains fish, egg
PURPLE	jacket potato cheese & beans contains milk	jacket potato cheese & beans contains milk	jacket potato cheese & beans contains milk	jacket potato cheese & beans contains milk	jacket potato cheese & beans contains milk
PINK	cheese roll contains milk, wheat	egg sandwich contains egg, wheat	ham roll contains wheat	turkey sandwich contains wheat	cheese wrap contains milk, wheat
ORANGE	tuna mayo roll contains fish, egg, wheat	pork sausage roll contains wheat, sulphur dioxide, sulphites	cheese roll contains wheat, milk	tuna mayo sandwich contains fish, egg, wheat	egg mayo wrap contains egg, wheat
YELLOW - must be booked please	HOME PACKED LUNCH	HOME PACKED LUNCH	HOME PACKED LUNCH	HOME PACKED LUNCH	HOME PACKED LUNCH