

**ST. HELEN'S CATHOLIC PRIMARY SCHOOL**  
**SPRING LUNCH MENU**

WEEK 9	MONDAY	TUESDAY	Wednesday	Thursday	Friday
RED	Katsu chicken curry rice sweetcorn/carrots contains wheat, soya	meatballs in tomato sauce pasta sweetcorn/peas contains wheat, egg	chicken pie boiled potato/croquettes broccoli/carrots contains wheat, egg	All day breakfast - sausage, bacon hashbrown, beans, omelette contains sulphur dioxide, sulphites, egg	
GREEN	Katsu quorn curry rice sweetcorn/carrots contains wheat, soya	veggie balls in tomato sauce pasta sweetcorn/peas contains wheat, egg,soya	quorn pie boiled potato/croquettes broccoli/carrots contains wheat, egg, soya	All day veggie breakfast - quorn sausage, hashbrown, beans, omelette contains soya, egg	fish fingers chips beans/sweetcorn/spaghetti contains fish, wheat
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 wheat, milk	tuna mayo wrap contains fish, egg, wheat	boiled egg sandwich contains wheat, egg	tuna mayo roll contains fish, egg, wheat	cheese wrap contains milk, wheat
ORANGE	tuna mayo roll contains fish, wheat, egg	turkey wrap contains wheat	chicken sandwich contains wheat	sausage in a roll contains sulphur dioxide, sulphites, wheat	egg mayo wrap contains egg, wheat
	salad bar flapjack/yogurt/fruit contains oats, wheat, milk	salad bar jelly topped with fruit & ice cream/ strawberry whip contains milk	salad bar fruit crumble & custard/ banana & custard/ fruit contains wheat, milk	salad bar cookies/yogurt/fruit contains wheat, egg, milk	salad bar chocolate cake & chocolate custard/fruit contains wheat, egg, milk
YELLOW - must be booked please	HOME PACKED LUNCH	HOME PACKED LUNCH	HOME PACKED LUNCH	HOME PACKED LUNCH	HOME PACKED LUNCH

WEEK 10	MONDAY	TUESDAY	Wednesday	Thursday	Friday
RED	sweet & sour chicken rice/noodles sweetcorn/peas contains wheat, celery, egg	sausage pommes/potato wedges broccoli/spaghetti contains sulphur dioxide, sulphites, wheat	roast gammon roast potatoes carrots/peas	chicken fillet in a bun sweetcorn contains wheat, egg	
GREEN	sweet & sour quorn rice/noodles sweetcorn/peas contains wheat, celery, egg	quorn sausage pommes/potato wedges broccoli/spaghetti contains soya	Sliced quorn fillet roast potatoes carrots/peas contains egg	quorn fillet in a bun sweetcorn contains wheat, egg	fish fingers chips beans/peas/spaghetti contains fish, wheat
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	tuna mayo wrap contains fish, egg, wheat	boiled egg sandwich contains egg, wheat	tuna mayo roll contains fish, egg, wheat	cheese wrap contains milk, wheat
ORANGE	tuna mayo roll contains fish, egg, wheat	turkey wrap contains wheat	chicken sandwich contains wheat	Sausage in a roll contains sulphur dioxide, sulphites, wheat	egg mayo wrap contains egg, wheat
	salad bar Artic roll / apple muffins / fruit contains milk, wheat, egg	salad bar shortbread biscuits / yogurt / fruit contains wheat, milk	salad bar apple pudding & custard / jelly & fruit / fruit contains wheat, egg, milk	salad bar peach melba / iced cake / fruit contains milk, wheat, egg	salad bar banana cake & custard / yogurt / fruit contains wheat, egg, milk
YELLOW – must be booked please	HOME PACKED LUNCH	HOME PACKED LUNCH	HOME PACKED LUNCH	HOME PACKED LUNCH	HOME PACKED LUNCH