

# St Helen's School

## WEEKLY MENU: Years 3 - 6 and Senior School

| WEEK 1          | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|-----------------|--|--|--|--|---|
|                 | Selection of home Baked Breads, Croutons and Sprinkles       |  |  |  |   |
| Soup 1          | Carrot and Coriander   | Pea and Mint                                       | Classic Minestrone   | Spicy Sweet Potato   | Spinach and Tomato  |
| Soup 2          | Chef's Soup of the Day                                       |  |  |  |   |
| Main Meal       | Creamy Turkey and Ham Pie topped with Shortcrust Pastry      | Cumberland Sausages Sauté Onions Gravy             | Katsu Chicken Curry  | Battered Fish (catch of the day) served with Tartare Sauce and Lemon | Roast Chicken Leg with Thyme and Garlic                                   |
| Vegetarian      | Sweet Potato, Leek Cherry Tomato Pie topped with Puff Pastry | Vegetarian Sausages with Sauté Onions and Gravy    | Chickpea, Spinach & Sweet Potato Curry Mango Chutney Onion and Coriander Salad | Veggie Nuggets with BBQ Sauce  | Tofu and Mixed Bean Burrito Topped with Spicy Tomato Sauce and Sour Cream |
| Sides           | Chive New Potato Broccoli Carrots                            | Mashed Potato Green Beans Cauliflower              | Rainbow Rice Naan Bread Spinach & Cauliflower                                  | Chunky Chips Peas Mushy Peas   | Roast Potato with Rosemary Savoy Cabbage                                  |
|                 | <i>Prep School Jackets</i>                                   | <i>Prep School Pasta</i>                           | <i>Prep School Jackets</i>   | <i>Prep School Pasta</i>   | <i>Prep School Jackets</i>  |
| Pasta           | Tomato and Basil   | Creamy Mushroom                                    | Béchamel Sauce with Goats' Cheese  | Chicken Tagine   | Spaghetti in a rich Tomato Sauce  |
| Jackets         | Baked Beans Grated Cheese Chefs Filling of the Day           | Baked Beans Grated Cheese Chefs Filling of the Day | Baked Beans Grated Cheese Chefs Filling of the Day                             | Baked Beans Grated Cheese Chefs Filling of the Day                   | Baked Beans Grated Cheese Chefs Filling of the Day                        |
| Something Sweet | Treacle Tart with Custard                                    | Upside Down Raspberry Cheesecake                   | Sticky Pear and Stem Ginger Cake with Cream                                    | Chocolate Sponge with Chocolate Sauce                                | Dessert Station   |

## WEEKLY MENU: Years 3 - 6 and Senior School

| WEEK 2          | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|-----------------|---|--|--|--|--|
|                 | Selection of home Baked Breads, Croutons and Sprinkles          |  |  |  |  |
| Soup 1          | Creamy Parsnip  | Tom Yum Hot and Sour                                     | Leek and Potato  | Chickpea Broth   | Potato and Dill  |
| Soup 2          | Chef's Soup of the Day  |  |  |  |  |
| Main Meal       | Sticky Lemon Chicken Thighs with Salsa Verde                    | Beef Brisket Sub Rolls with Red Slaw and BBQ Sauce       | Chicken Korma with Poppadum's and Mango Chutney          | Turkey Bolognaise with Parmesan and Roquette Salad       | Salmon and Spring Onion Pasta Bake with a Parsley Crumb  |
| Vegetarian      | Pea and Spring Onion Fritter with Fennel Salad and Mint Yoghurt | Sweet Chilli Tempeh with Pak Choi and Radish             | Chickpea and Lentil Curry                                | Soya Mince Bolognaise with Roquette Salad                | Mixed Bean Burger with Korean Hot Sauce                  |
| Sides           | Roasted Ginger and Garlic Potato<br>Corn on the Cob             | Harissa Rissolle<br>Potatoes<br>Shredded Greens          | Basmati Rice<br>Onion Bhaji<br>Mint Raita                | Spaghetti<br>Garlic Bread<br>Peas                        | Sugar Snaps Peas<br>French Beans                         |
|                 | <i>Prep School Pasta</i>  | <i>Prep School Jackets</i>                               | <i>Prep School Pasta</i>                                 | <i>Prep School Jackets</i>                               | <i>Prep School Pasta</i>                                 |
| Pasta           | Roasted Aubergine<br>Tomato and Olive                           | Simple Tomato  | Stir Fry Vegetables in Soy Sauce and Ginger              | Three Cheese Gnocchi                                     | Creamy Leek and Parsley                                  |
| Jackets         | Baked Beans<br>Grated Cheese<br>Chefs Filling of the Day        | Baked Beans<br>Grated Cheese<br>Chefs Filling of the Day | Baked Beans<br>Grated Cheese<br>Chefs Filling of the Day | Baked Beans<br>Grated Cheese<br>Chefs Filling of the Day | Baked Beans<br>Grated Cheese<br>Chefs Filling of the Day |
| Something Sweet | Jam and Coconut sponge  | Banoffee Cake  | Chocolate Brownie with White Chocolate Sauce             | Classic Apple Crumble                                    | Dessert Station  |

## WEEKLY MENU: Years 3 - 6 and Senior School

| WEEK 3          | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|-----------------|--|---|--|--|--|
|                 | Selection of home Baked Breads, Croutons and Sprinkles             |   |  |  |  |
| Soup 1          | Roasted Squash   | Creamy Mushroom and Chive                           | Thai Noodle  | Tomato and Basil   | Cream of Vegetable                                       |
| Soup 2          | Chef's Soup of the Day   |   |  |  |  |
| Main Meal       | Beef Pad Thai with Mixed Vegetables and Egg Noodles                | Southern Fried Chicken with Garlic Mayo             | Lamb Kofta Kebabs served in a Tortilla Wrap with Chilli and Lime Yoghurt | Giant Fish Fingers with Homemade Ketchup                 | Roasted Chicken Leg with Sage and Onion Stuffing         |
| Vegetarian      | Jackfruit and Smoked Tofu Pad Thai with Coriander and Rice Noodles | Margherita Pizza                                    | Vegetable Samosa with Mango Chutney                                      | Mac 'N' Cheese   | Broad Bean Pea & Chervil Risotto with Parmesan           |
| Sides           | Asian Style Vegetables   | Cajun Potato Wedges<br>Corn on the Cob<br>BBQ Beans | Spicy Rice with Mixed Peppers<br>Red Cabbage                             | Roasted New Potatoes<br>Peas                             | Roast Potatoes<br>Broccoli Carrots                       |
|                 | <i>Prep School Jackets</i>   | <i>Prep School Pasta</i>                            | <i>Prep School Jackets</i>   | <i>Prep School Pasta</i>                                 | <i>Prep School Jackets</i>                               |
| Pasta           | Simple Tomato Sauce  | Creamy Leek and Wild Mushroom                       | Mexican Style Beef Chilli  | Tomato and Oregano                                       | Classic Cheese Sauce                                     |
| Jackets         | BBQ beans<br>Grated Cheese<br>Chefs Filling of the Day             | Loaded Jacket Skins with Cheese and Spring Onion    | Baked Beans<br>Grated Cheese<br>Chefs Filling of the Day                 | Baked Beans<br>Grated Cheese<br>Chefs Filling of the Day | Baked Beans<br>Grated Cheese<br>Chefs Filling of the Day |
| Something Sweet | Orange and Marmalade Cake  | Toffee Rice Crispy Square                           | Blueberry Sponge   | Chocolate Puddle Pudding                                 | Dessert Station  |