

Helmshore Primary School – Autumn Winter Menu

October 2023 to May 2024



Week 1 w/c 30/10, 20/11, 11/12, 22/01, 04/03, 25/03, 15/04 & 06/05	Option 1 – Week 1	Option 2 - Week 1	Option 3 - Week 1
Monday	Booths Pork or Vegetable Sausage with Creamed Potatoes, Mixed Vegetable Medley & Gravy Fruit Crumble & Custard or Fruit Yoghurt & Fresh Fruit	Tomato & Mascarpone Pasta with Homemade Crusty Bread & Salad Selection Fruit Crumble & Custard or Fruit Yoghurt & Fresh Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Fruit Crumble & Custard or Fruit Yoghurt & Fresh Fruit
Tuesday	Homemade Chicken or Quorn Tikka Curry with Mixed Rice & Naan Bread Mini Lemon Cookie or Fruit Yoghurt & Fresh Fruit	Tondo Pizza Panini with Potato Wedges & Sweetcorn Mini Lemon Cookie or Fruit Yoghurt & Fresh Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Mini Lemon Cookie or Fruit Yoghurt & Fresh Fruit
Wednesday	Roast Turkey with Roast Potatoes, Seasonal Vegetables & Gravy Raspberry Jelly or Fruit Yoghurt & Fresh Fruit	Pasta Arrabbiata with Homemade Crusty Bread & Garden Peas Raspberry Jelly or Fruit Yoghurt & Fresh Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Raspberry Jelly or Fruit Yoghurt & Fresh Fruit
Thursday	Meat & Potato Pie with Broccoli Florets Mini Shortbread Biscuit or Fruit Yoghurt & Fresh Fruit	Pasta Neapolitan Italian Tomato & Herb Sauce with Homemade Crusty Bread & Salad Selection Mini Shortbread Biscuit or Fruit Yoghurt & Fresh Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Mini Shortbread Biscuit or Fruit Yoghurt & Fresh Fruit
Friday	Golden Crumb Fish Fingers or Vegetable Fingers with Oven Baked Chips, Garden Peas & Tomato Ketchup Chocolate Brownie or Fruit Yoghurt & Fresh Fruit	Homemade Pizza Margherita with Oven Baked Chips & Sweetcorn Chocolate Brownie or Fruit Yoghurt & Fresh Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Chocolate Brownie or Fruit Yoghurt & Fresh Fruit
Week 2 w/c 06/11, 27/11, 18/12, 08/01, 29/01, 19/02, 11/03, 22/04 & 13/05	Option 1 – Week 2	Option 2 – Week 2	Option 3 – Week 2
Monday	Vegetarian Sausage Roll & Tomato Ketchup with Potato Wedges, Garden Peas & Sweetcorn Marble Sponge & Chocolate Sauce or Yoghurt & Fresh Fruit	Tomato Pasta with Homemade Crusty Bread & Garden Peas Marble Sponge & Chocolate Sauce or Yoghurt & Fresh Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Marble Sponge & Chocolate Sauce or Yoghurt & Fresh Fruit
Tuesday	British Beef Burger in a Bun with Tomato Ketchup with Paprika Wedges & Mixed Vegetable Medley Mini Shortbread Biscuit or Fruit Yoghurt & Fresh Fruit	French Bread Pizza with Mixed Vegetable Medley Mini Shortbread Biscuit or Fruit Yoghurt & Fresh Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Mini Shortbread Biscuit or Fruit Yoghurt & Fresh Fruit
Wednesday	Roast Pork with Roast Potatoes, Seasonal Vegetables & Gravy Jelly or Fruit Yoghurt & Fresh Fruit	Pasta Arrabbiata with Homemade Crusty Bread & Salad Jelly or Fruit Yoghurt & Fresh Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Jelly or Fruit Yoghurt & Fresh Fruit
Thursday	Minced Beef Hotpot with Crispy Sliced Potato Crust & Mixed Vegetable Medley Mini Chocolate Shortbread or Fruit Yoghurt & Fresh Fruit	Tomato Pasta Bake with Homemade Crusty Bread & Salad Selection Mini Chocolate Shortbread or Fruit Yoghurt & Fresh Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Mini Chocolate Shortbread or Fruit Yoghurt & Fresh Fruit
Friday	Harry Ramsdens Crispy Battered Fish with Oven Baked Chips, Garden Peas & Tomato Ketchup Chocolate Sponge or Fruit Yoghurt & Fruit	Homemade Pizza Margherita with Oven Baked Chips & Sweetcorn Chocolate Sponge or Fruit Yoghurt & Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Chocolate Sponge or Fruit Yoghurt & Fruit
Week 3 w/c 13/11, 04/12, 15/01, 05/02, 26/02, 18/03, 29/04 & 20/05	Option 1 – Week 3	Option 2 – Week 3	Option 3 – Week 3
Monday	Booths Pork & Vegetable Sausage & Tomato Ketchup with Paprika Potatoes, Garden Peas & Sweetcorn Chocolate Sponge or Fruit Yoghurt & Fresh Fruit	Tomato & Mascarpone Pasta with Homemade Crusty Bread & Salad Selection Chocolate Sponge or Fruit Yoghurt & Fresh Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Chocolate Sponge or Fruit Yoghurt & Fresh Fruit
Tuesday	Golden Crumb Salmon Fillet Finger with Herby Potatoes & Mixed Vegetable Medley Mini Lemon Cookie or Fruit Yoghurt & Fresh Fruit	Cheese Panini with Potato Wedges & Baked Beans Mini Lemon Cookie or Fruit Yoghurt & Fresh Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Mini Lemon Cookie or Fruit Yoghurt & Fresh Fruit
Wednesday	Roast Turkey with Roast Potatoes, Seasonal Vegetables & Gravy Jelly or Fruit Yoghurt & Fresh Fruit	Pasta Neapolitan Italian Tomato & Herb Sauce with Homemade Crusty Bread & Salad Selection Jelly or Fruit Yoghurt & Fresh Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Jelly or Fruit Yoghurt & Fresh Fruit
Thursday	Mild Chilli Beef with Mixed Rice & Broccoli Florets Mini Shortbread Biscuit or Fruit Yoghurt & Fresh Fruit	Pasta Arrabbiata with Homemade Crusty Bread & Garden Peas Mini Shortbread Biscuit or Fruit Yoghurt & Fresh Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Mini Shortbread Biscuit or Fruit Yoghurt & Fresh Fruit
Friday	Golden Crumb Fish or Vegetable Fingers with Oven Baked Chips, Garden Peas & Tomato Ketchup Vanilla Sponge or Fruit Yoghurt & Fruit	Homemade Pizza Margherita with Oven Baked Chips & Sweetcorn Vanilla Sponge or Fruit Yoghurt & Fruit	Jacket Potato with Tuna, Cheese or Baked Beans with Salad Selection Vanilla Sponge or Fruit Yoghurt & Fruit