

## Menu - Spring Term 2024

Lunches can be booked via the Parentpay system (<a href="https://www.parentpay.com/">https://www.parentpay.com/</a>). Meals can be booked weekly or for a half term. Full booking instructions are available on our website. Meals must be booked by midnight on Wednesday for the following week. If you have any difficulties ordering online, please contact the school office on 01908 542405 or email office@johnhellins.co.uk.

Allergens are listed on Parentpay. Meals are cooked from scratch in our on-site kitchen.

Week Commencing: 1st Jan, 22nd Jan, 12th Feb, 4th March, 25th March 2024								
	Main	Vegetarian/Vegan	Light Bite	Sides	Pudding			
Monday	Loaded Nachos with Mild Chilli, Sour Cream and Grated Cheese	Loaded Nachos with Mild Veggie Chilli and Vegan Cheese (V, VG)	Cheese and Tomato Pin Wheels (V)	Fresh Bread and Salad Bar	Pudding of the Day			
Tuesday	Chicken and Ham Pie with Seasonal Vegetables	Spicy Chickpea and Vegetable Pie with Seasonal Vegetables (V, VG)	Bacon Bap	Fresh Baguette and Salad Bar	Pudding of the Day			
Wednesday	Macaroni Cheese with a Crunchy Herby Topping (V)	Vegan Macaroni Cheese with a Crunchy Herby Topping (V,VG)	Jacket Potato with Baked Beans (V, VG)	Fresh Focaccia and Salad Bar	Pudding of the Day			
Thursday	Roast Chicken, Roast Potatoes, Seasonal Vegetables, Gravy and Yorkshire Pudding	Roast Vegan Loaf, Roast Potatoes, Seasonal Vegetables and Gravy (V, VG)	Mini Baguette with Ham, Cheese or Chicken (or Combination)	Fresh Bread and Salad Bar	Pudding of the Day			
Friday	Fish Fingers, Homemade Chips and Seasonal Vegetables	'Fishless' Fingers, Homemade Chips and Seasonal Vegetables (V, VG)	Homemade Sausage Roll	Fresh Bread and Salad Bar	Pudding of the Day			

2	cing: 8 <sup>th</sup> Jan, 29 <sup>th</sup> Jan,	, 19 <sup>th</sup> Feb,11 <sup>th</sup> March 2	2024		
	Main	Vegetarian/Vegan	Light Bite	Sides	Pudding
Monday	Chicken and	'Not Chicken' and	Cheese and	Fresh Bread	Pudding of
	Vegetable Fajitas	Vegetable Fajitas	Tomato Pin	and Salad Bar	the Day
	(Optional Salsa,	(Optional Salsa,	Wheels (V)		
	Guacamole and	Guacamole and			
	Cheese)	Vegan Cheese)			
		(V, VG)			
Tuesday	Cottage Pie with	Vegan Cottage Pie	Bacon Bap	Fresh	Pudding of
	Crispy Potato	with Crispy Potato		Baguette and	the Day
	Topping	Topping (V, VG)		Salad Bar	
Wednesday	Homemade Ham	Homemade Cheese	Jacket Potato	Fresh Focaccia	Pudding of
,	and Cheese Pizza	and Tomato Pizza	with Baked	and Salad Bar	the Day
	with Side Salad	with Side Salad (V)	Beans (V, VG)		,
		,			
Thursday	Roast Gammon,	Roast Vegan Loaf,	Mini Baguette	Fresh Bread	Pudding of
•	Roast Potatoes,	Roast Potatoes,	with Ham,	and Salad Bar	the Day
	Seasonal	Seasonal	Cheese or		
	Vegetables,	Vegetables and	Chicken (or		
	Gravy and	Gravy (V, VG)	Combination)		
	Yorkshire				
	Pudding				
Friday	Grilled White	Jacket Potato with	Homemade	Fresh Bread	Pudding of
,	Fish with Herb	Vegan 'Tuna Mayo'	Sausage Roll	and Salad Bar	the Day
	Crumb, Chips	(V, VG)	Ü		,
	and Baked Beans	( , ,			
Week Commend	T	, 26 <sup>th</sup> Feb, 18 <sup>th</sup> March 2		1	T
	Main	Vegetarian/Vegan	Light Bite	Sides	Pudding
Monday	'Johndos' Peri-	'Johndos' Spicy	Cheese and	Fresh Bread	Pudding of
	Peri Chicken	Beanburger with	Tomato Pin	and Salad Bar	the Day
	with Skinny Fries	Skinny Fries and	Wheels (V)		
		( orn on the ( oh			
	and Corn on the	Corn on the Cob			
Tunaden	Cob	(V, VG)	Do D	FI	D. Alaka C
Tuesday	Cob Chicken	(V, VG) Vegetable and Bean	Bacon Bap	Fresh	Pudding of
Tuesday	Cob Chicken Casserole with	(V, VG) Vegetable and Bean Casserole with	Bacon Bap	Baguette and	Pudding of the Day
Tuesday	Cob Chicken Casserole with Seasonal	(V, VG)  Vegetable and Bean  Casserole with  Seasonal	Bacon Bap		_
Tuesday	Cob Chicken Casserole with	(V, VG) Vegetable and Bean Casserole with	Bacon Bap	Baguette and	_
	Cob Chicken Casserole with Seasonal Vegetables	(V, VG)  Vegetable and Bean  Casserole with  Seasonal  Vegetables (V, VG)		Baguette and Salad Bar	the Day
Tuesday	Cob Chicken Casserole with Seasonal Vegetables Spaghetti	(V, VG)  Vegetable and Bean Casserole with Seasonal Vegetables (V, VG)  Spaghetti	Jacket Potato	Baguette and Salad Bar Fresh Focaccia	the Day  Pudding of
	Cob Chicken Casserole with Seasonal Vegetables	(V, VG)  Vegetable and Bean Casserole with Seasonal Vegetables (V, VG)  Spaghetti Neapolitan	Jacket Potato with Baked	Baguette and Salad Bar	the Day
	Cob Chicken Casserole with Seasonal Vegetables Spaghetti	(V, VG)  Vegetable and Bean Casserole with Seasonal Vegetables (V, VG)  Spaghetti Neapolitan (Optional Cheese)	Jacket Potato	Baguette and Salad Bar Fresh Focaccia	the Day  Pudding of
	Cob Chicken Casserole with Seasonal Vegetables Spaghetti	(V, VG)  Vegetable and Bean Casserole with Seasonal Vegetables (V, VG)  Spaghetti Neapolitan	Jacket Potato with Baked	Baguette and Salad Bar Fresh Focaccia	the Day  Pudding of
	Cob Chicken Casserole with Seasonal Vegetables Spaghetti	(V, VG)  Vegetable and Bean Casserole with Seasonal Vegetables (V, VG)  Spaghetti Neapolitan (Optional Cheese)	Jacket Potato with Baked	Baguette and Salad Bar Fresh Focaccia	the Day  Pudding of
Wednesday	Cob Chicken Casserole with Seasonal Vegetables Spaghetti Bolognaise	(V, VG)  Vegetable and Bean Casserole with Seasonal Vegetables (V, VG)  Spaghetti Neapolitan (Optional Cheese) (V, VG)	Jacket Potato with Baked Beans (V, VG)	Baguette and Salad Bar Fresh Focaccia and Salad Bar	the Day  Pudding of the Day
Wednesday	Cob Chicken Casserole with Seasonal Vegetables Spaghetti Bolognaise Roast Pork,	(V, VG)  Vegetable and Bean Casserole with Seasonal Vegetables (V, VG)  Spaghetti Neapolitan (Optional Cheese) (V, VG)  Roast Vegan Loaf,	Jacket Potato with Baked Beans (V, VG)	Baguette and Salad Bar  Fresh Focaccia and Salad Bar  Fresh Bread	Pudding of the Day  Pudding of
Wednesday	Cob Chicken Casserole with Seasonal Vegetables Spaghetti Bolognaise  Roast Pork, Roast Potatoes, Seasonal Vegetables,	(V, VG)  Vegetable and Bean Casserole with Seasonal Vegetables (V, VG)  Spaghetti Neapolitan (Optional Cheese) (V, VG)  Roast Vegan Loaf, Roast Potatoes,	Jacket Potato with Baked Beans (V, VG)  Mini Baguette with Ham,	Baguette and Salad Bar  Fresh Focaccia and Salad Bar  Fresh Bread	Pudding of the Day  Pudding of
Wednesday	Cob Chicken Casserole with Seasonal Vegetables Spaghetti Bolognaise  Roast Pork, Roast Potatoes, Seasonal	(V, VG)  Vegetable and Bean Casserole with Seasonal Vegetables (V, VG)  Spaghetti Neapolitan (Optional Cheese) (V, VG)  Roast Vegan Loaf, Roast Potatoes, Seasonal	Jacket Potato with Baked Beans (V, VG)  Mini Baguette with Ham, Cheese or	Baguette and Salad Bar  Fresh Focaccia and Salad Bar  Fresh Bread	Pudding of the Day  Pudding of
Wednesday	Cob Chicken Casserole with Seasonal Vegetables Spaghetti Bolognaise  Roast Pork, Roast Potatoes, Seasonal Vegetables,	(V, VG)  Vegetable and Bean Casserole with Seasonal Vegetables (V, VG)  Spaghetti Neapolitan (Optional Cheese) (V, VG)  Roast Vegan Loaf, Roast Potatoes, Seasonal Vegetables, Gravy	Jacket Potato with Baked Beans (V, VG)  Mini Baguette with Ham, Cheese or Chicken (or	Baguette and Salad Bar  Fresh Focaccia and Salad Bar  Fresh Bread	Pudding of the Day  Pudding of
Wednesday	Cob Chicken Casserole with Seasonal Vegetables Spaghetti Bolognaise  Roast Pork, Roast Potatoes, Seasonal Vegetables, Gravy and	(V, VG)  Vegetable and Bean Casserole with Seasonal Vegetables (V, VG)  Spaghetti Neapolitan (Optional Cheese) (V, VG)  Roast Vegan Loaf, Roast Potatoes, Seasonal Vegetables, Gravy	Jacket Potato with Baked Beans (V, VG)  Mini Baguette with Ham, Cheese or Chicken (or	Baguette and Salad Bar  Fresh Focaccia and Salad Bar  Fresh Bread	Pudding of the Day  Pudding of
Wednesday	Cob Chicken Casserole with Seasonal Vegetables Spaghetti Bolognaise  Roast Pork, Roast Potatoes, Seasonal Vegetables, Gravy and Yorkshire	(V, VG)  Vegetable and Bean Casserole with Seasonal Vegetables (V, VG)  Spaghetti Neapolitan (Optional Cheese) (V, VG)  Roast Vegan Loaf, Roast Potatoes, Seasonal Vegetables, Gravy (V, VG)  Vegan 'Tuna Mayo'	Jacket Potato with Baked Beans (V, VG)  Mini Baguette with Ham, Cheese or Chicken (or	Baguette and Salad Bar  Fresh Focaccia and Salad Bar  Fresh Bread	Pudding of the Day  Pudding of
Wednesday	Cob Chicken Casserole with Seasonal Vegetables Spaghetti Bolognaise  Roast Pork, Roast Potatoes, Seasonal Vegetables, Gravy and Yorkshire Pudding	(V, VG)  Vegetable and Bean Casserole with Seasonal Vegetables (V, VG)  Spaghetti Neapolitan (Optional Cheese) (V, VG)  Roast Vegan Loaf, Roast Potatoes, Seasonal Vegetables, Gravy (V, VG)	Jacket Potato with Baked Beans (V, VG)  Mini Baguette with Ham, Cheese or Chicken (or Combination)	Baguette and Salad Bar  Fresh Focaccia and Salad Bar  Fresh Bread and Salad Bar	Pudding of the Day  Pudding of the Day