



The Kitchen
At John Hellins

Menu - Autumn Term 2024

Lunches can be booked via the Parentpay system (<https://www.parentpay.com/>). 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: 2nd September, 23rd September, 14th October, 11th November, 2nd December					
	Main	Vegetarian/Vegan	Light Bite	Sides	Pudding
Monday	Pasta Bolognese	Pasta Lentil Bolognese (V,VG)	Homemade Cheese and Tomato Puffs (V)	Garlic Bread and Salad Bar	Pudding of the Day
Tuesday	Homemade Cheese and Ham Pizza	Homemade Vegan Cheese and Tomato Muffin Pizza (V,VG)	Ham and/or Cheese Ploughman's Lunch	Fresh Bread and Salad Bar	Pudding of the Day
Wednesday	Chicken Star Topped Pie with Seasonal Vegetables	'Not Chicken' Star Topped Pie with Seasonal Vegetables (V)	Jacket Potato with Baked Beans (V,VG)	Fresh Bread and Salad Bar	Pudding of the Day
Thursday	Roast Chicken, Roast Potatoes, Seasonal Vegetables, Gravy and Yorkshire Pudding	'Not Chicken' Roast, Roast Potatoes, Seasonal Vegetables and Gravy (V, VG)	Mini Wraps with a Choice of Ham, Cheese and Chicken (or Combination)	Fresh Bread and Salad Bar	Pudding of the Day
Friday	Tuna Melt Baguette	'Not Tuna' Melt Baguette (V,VG)	Bacon Bap	Breadsticks and Salad Bar	Pudding of the Day

Week Commencing: 9th September, 30th September, 21st October, 18th November, 9th December					
	Main	Vegetarian/Vegan	Light Bite	Sides	Pudding
Monday	Pesto Pasta with Pancetta Sprinkles	Pasta Neapolitan (V, VG)	Homemade Cheese and Tomato Puffs (V)	Garlic Bread and Salad Bar	Pudding of the Day
Tuesday	Build Your Own Chicken Burrito	Build Your Own Vegan Burrito (V, VG)	Ham and/or Cheese Ploughman's Lunch	Fresh Bread and Salad Bar	Pudding of the Day
Wednesday	Hunters Chicken with Herby Potatoes and Peas	Hunters Vegan Meatballs with Herby Potatoes and Peas (V, VG)	Jacket Potato with Baked Beans (V, VG)	Fresh Bread and Salad Bar	Pudding of the Day
Thursday	Roast Gammon, Roast Potatoes, Seasonal Vegetables, Gravy and Yorkshire Pudding	'Not Chicken' Roast, Roast Potatoes, Seasonal Vegetables and Gravy (V, VG)	Mini Wraps with a Choice of Ham, Cheese and Chicken (or Combination)	Fresh Bread and Salad Bar	Pudding of the Day
Friday	Loaded Fish Naan with Yoghurt and Cucumber Drizzle	Loaded Falafel Naan with Vegan Yoghurt and Cucumber Drizzle (V, VG)	Bacon Bap	Breadsticks and Salad Bar	Pudding of the Day
Week Commencing: 16th September, 7th October, 4th November, 25th November, 16th December (19th Dec will be Christmas Party Lunch)					
	Main	Vegetarian/Vegan	Light Bite	Sides	Pudding
Monday	Creamy Chicken and Sweetcorn Pasta	Creamy 'Not Chicken' and Sweetcorn Pasta (V, VG)	Homemade Cheese and Tomato Puffs (V)	Garlic Bread and Salad Bar	Pudding of the Day
Tuesday	Crispy Chicken Thighs with Skinny Fries and Corn on the Cob	Falafels with Skinny Fries and Corn on the Cob (V, VG)	Ham and/or Cheese Ploughman's Lunch	Fresh Bread and Salad Bar	Pudding of the Day
Wednesday	Sausage and Mash with Seasonal Vegetables and Gravy	Vegan Sausage and Mash with Seasonal Vegetables and Gravy (V, VG)	Jacket Potato with Baked Beans (V, VG)	Fresh Bread and Salad Bar	Pudding of the Day
Thursday	Roast Pork, Roast Potatoes, Seasonal Vegetables, Gravy and Yorkshire Pudding	'Not Chicken' Roast, Roast Potatoes, Seasonal Vegetables, Gravy (V, VG)	Mini Wraps with a Choice of Ham, Cheese and Chicken (or Combination)	Fresh Bread and Salad Bar	Pudding of the Day
Friday	Herby Salmon with Mini Roast Potatoes and Seasonal Veg	Fishless Fillet with Mini Roast Potatoes and Seasonal Veg (V, VG)	Bacon Bap	Breadsticks and Salad Bar	Pudding of the Day