



The Kitchen

At John Hellins

Menu - Autumn Term 2020

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 week following the next week (i.e. 2 weeks in advance). 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.

Week Commencing: 31st August, 21st September, 12th October, 2nd November, 23rd November, 14th December				
	Main	Vegetarian	Light Bite	Pudding
Monday	Homemade Burger in a Bun with Side Salad (Optional Ketchup)	Vegan Burger in a Bun with Side Salad (Optional Ketchup)	Fish finger bap (Optional Mayonnaise) with Side Salad	Pudding of the Day
Tuesday	Homemade Chicken Goujons in a Wrap with Wedges and Mixed Salad	Vegan Falafel in a Wrap with Wedges and Mixed Salad (Optional Mayonnaise)	Sausage Bap (Optional Ketchup) with Side Salad	Pudding of the Day
Wednesday	Ham and Cheese Pasta with Peas	Cheesy Pasta with Peas	Mini Baguette with Ham and Side Salad	Pudding of the Day
Thursday	Ham and Cheese Pizza Pin Wheels with Mini Roast Potatoes and Sweetcorn	Cheese and Tomato Pizza Pin Wheels with Mini Roast Potatoes and Sweetcorn	Jacket Potato with Baked Beans	Pudding of the Day
Friday	Fish Nuggets, Chips and Baked Beans	Vegan Nuggets, Chips and Baked Beans	Bacon Bap (Optional Ketchup) with Side Salad	Pudding of the Day

Week Commencing: 7th September, 28th September, 19th October, 9th November, 30th November				
	Main	Vegetarian	Light Bite	Pudding
Monday	Posh Dog with Salad (Optional Ketchup)	Vegan Posh Dog with Salad (Optional Ketchup)	Fish finger bap (Optional Mayonnaise) with Side Salad	Pudding of the Day
Tuesday	Homemade Chicken Nuggets with Wedges and Salad	Vegan Falafel with Wedges and Salad	Sausage Bap (Optional Ketchup) with Side Salad	Pudding of the Day
Wednesday	Pasta Bolognese	Pasta Neapolitan	Mini Baguette with Ham and Side Salad	Pudding of the Day
Thursday	Homemade Sausage Roll with Mini Roast Potatoes and Sweetcorn	Vegan Sausage Roll with Mini Roast Potatoes and Sweetcorn	Jacket Potato with Baked Beans	Pudding of the Day
Friday	Fish Fingers, Chips and Baked Beans	Fishless Fingers, Chips and Baked Beans	Bacon Bap (Optional Ketchup) with Side Salad	Pudding of the Day
Week Commencing: 14th September, 5th October, 16th November, 7th December				
	Main	Vegetarian	Light Bite	Pudding
Monday	McHellins Chicken Burger (in Muffin) with Side Salad (Optional Ketchup/Mayonnaise)	McHellins Vegan Burger (in Muffin) with Side Salad (Optional Ketchup/Mayonnaise)	Fish finger bap (Optional Mayonnaise) with Side Salad	Pudding of the Day
Tuesday	Homemade Rice Crispy Chicken with Wedges and Salad	Vegan Falafel with Wedges and Salad	Sausage Bap (Optional Ketchup) with Side Salad	Pudding of the Day
Wednesday	Smokey Red Pepper and Bacon Pasta	Smokey Red Pepper Pasta	Mini Baguette with Ham and Side Salad	Pudding of the Day
Thursday	Homemade Ham and Cheese Pizza with Salad	Homemade Margarita Pizza with Salad	Jacket Potato with Baked Beans	Pudding of the Day
Friday	Fish Nuggets, Chips and Baked Beans	Vegan Nuggets, Chips and Baked Beans	Bacon Bap (Optional Ketchup) with Side Salad	Pudding of the Day