



The Kitchen
At John Hellins

Menu - Spring Term 2021

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.

Week Commencing: 04/01/21, 25/01/21, 22/02/21 and 15/03/21				
	Main	Vegetarian/Vegan	Light Bite	Pudding
Monday	Mini Slider Homemade Burgers with Salad (Optional Ketchup)	Sweet Potato, Quinoa and Lentil Burger in a Slider Bun with Salad (Optional Ketchup) (V,VG)	Jacket Potato with Baked Beans and Side Salad	Pudding of the Day
Tuesday	Chicken and Vegetable Stir Fry with Rice Noodles	Vegetable Stir Fry with Rice Noodles (V,VG)	Chicken and Sweetcorn Pasta Pot (Cold)	Pudding of the Day
Wednesday	Homemade Pulled Pork with a Jacket Potato, BBQ Beans, Corn Bread and Side Salad	Vegan Sausage Roll with a Jacket Potato, BBQ Beans and Side Salad (V,VG)	Homemade Cheese and Tomato Pin Wheels with Side Salad	Pudding of the Day
Thursday	Loaded Nachos with Homemade Mild Chilli, Sour Cream and Grated Cheese	Loaded Nachos with Homemade Mild Bean Chilli and Vegan Cheese (V,VG)	Bacon Bap with Side Salad	Pudding of the Day
Friday	Grilled White Fish, Mini Roast Potatoes and Seasonal Veg	Vegan Falafel Bites, Mini Roast Potatoes and Seasonal Veg (V,VG)	Homemade Tuna and Sweetcorn Pasta Pot (Cold)	Pudding of the Day

Week Commencing: 11/01/21, 01/02/21, 01/03/21 and 22/03/21				
	Main	Vegetarian	Light Bite	Pudding
Monday	Homemade Chicken Pitta Kebab with Shredded Lettuce, Coleslaw and Side Salad	Homemade Vegan 'Not Meat' Pitta Kebab with Shredded Lettuce and Side Salad (V,VG)	Jacket Potato with Baked Beans and Side Salad	Pudding of the Day
Tuesday	Homemade Sweet and Sour Chicken and Vegetables with Rice	Homemade Sweet and Sour Vegan 'Chicken Style' and Vegetables with Rice (V,VG)	Chicken and Sweetcorn Pasta Pot (Cold)	Pudding of the Day
Wednesday	Wild West Style Bangers and Beans with a Jacket Potato and Homemade Corn Bread	Wild West Style Vegan Bangers and Beans with a Jacket Potato (V,VG)	Homemade Cheese and Tomato Pin Wheels with Side Salad	Pudding of the Day
Thursday	Homemade Mexican Burrito with Spicy Rice, Mince and Beans with Side Salad	Homemade Mexican Vegan Burrito with Spicy Rice and Beans with Side Salad (V,VG)	Bacon Bap with Side Salad	Pudding of the Day
Friday	Fish Fingers, Chips and Peas	Vegan Fishless Fingers, Chips and Peas (V,VG)	Homemade Tuna and Sweetcorn Pasta Pot (Cold)	Pudding of the Day
Week Commencing: 18/01/21, 08/02/21 and 08/03/21				
	Main	Vegetarian	Light Bite	Pudding
Monday	Homemade Crispy Chicken, Skinny Fries, Corn on the Cob and Side Salad	Crispy Vegan 'Chicken Style' Nuggets, Skinny Fries, Corn on the Cob and Side Salad (V,VG)	Jacket Potato with Baked Beans and Side Salad	Pudding of the Day
Tuesday	Hot Roast Chicken and Stuffing Roll with Mini Roast Potatoes and Salad	Hot Vegan 'Not Meat' and Stuffing Roll with Mini Roast Potatoes and Salad (V,VG)	Chicken and Sweetcorn Pasta Pot (Cold)	Pudding of the Day
Wednesday	Smoky Gammon and Beans with a Jacket Potato and Corn Bread	Smoky Vegan 'Not Meat' and Beans with a Jacket Potato (V,VG)	Homemade Cheese and Tomato Pin Wheels with Side Salad	Pudding of the Day
Thursday	Homemade Mexican Soft Taco with Beef Strips, Shredded Lettuce, Corn Bread and Side Salad	Homemade Mexican Soft Taco with Vegan Strips, Shredded Lettuce and Side Salad (V,VG)	Bacon Bap with Side Salad	Pudding of the Day

Friday	Homemade Tuna Melt Pizza Baguette with Side Salad	Homemade Cheese and Tomato Pizza Baguette with Side Salad (V, Vegan Option Available on Request)	Homemade Tuna and Sweetcorn Pasta Pot (Cold)	Pudding of the Day
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