

St Helen's College
Weekly Hot Meal Order Form



Pupil's Name:

Class:

		Main Course			Dessert			
Day		Meat/Fish	Vegetarian	Traditional	Homemade Yogurt	Seasonal Fruit		
Fri 9th Sep - Mon 5th -	Monday	School Closed	School Closed	School Closed				
	Tuesday	School Closed	School Closed	School Closed				
	Wednesday	Roast Chicken	Vegetable & Lentil Roast	Fruity Cookie	Yogurt	Fruit		
	Thursday	Lasagne	Macaroni Cheese	Jelly, Peaches & Cream	Yogurt	Fruit		
	Friday	Fish Fingers	Vegetable Nuggets	Chocolate Cracknell	Yogurt	Fruit		
Fri 16th Sep - Mon 12th -	Monday	Turkey & Sweetcorn Puff Pie	Vegetable Pasty	Jam Sponge & Custard	Yogurt	Fruit		
	Tuesday	Spicy Lamb Wrap	Spicy Vegetable Wrap	Frozen Fruit Smoothie	Yogurt	Fruit		
	Wednesday	Roast Beef & Yorkshire Pudding	Pasta Spirals with Cheesy Leeks	Fresh Fruit Salad	Yogurt	Fruit		
	Thursday	Sweet and Sour Chicken	Oriental Sweet Potato Bake	Fruity Jelly	Yogurt	Fruit		
	Friday	Oven Baked Fish	Baked Bean Lasagne	Chocolate & Banana Cake	Yogurt	Fruit		
Fri 23rd Sep - Mon 19th -	Monday	Baked Chicken Sausages with Gravy	Veggie Bangers in gravy (Quorn)	Pear & Chocolate Crumble & Chocolate Sauce	Yogurt	Fruit		
	Tuesday	Mild Lamb & Pea Curry	Spicy Vegetable Fajita	Fruit Jelly	Yogurt	Fruit		
	Wednesday	Roast Chicken	Roasted Vegetarian Risotto	Chocolate Cracknell	Yogurt	Fruit		
	Thursday	Beef Bolognese	Cheese & Tomato Pasta Bake	Iced Sponge	Yogurt	Fruit		
	Friday	Herby Topped White Fish	Cheese & Tomato Pizza	Shortbread Biscuit	Yogurt	Fruit		
Fri 30th Sep - Mon 26th -	Monday	Savoury Beef Cobbler	Savoury Vegetable Cobbler	Jam Sponge & Custard	Yogurt	Fruit		
	Tuesday	Chicken Tikka Wrap	Cheese & Onion Foldover	Flapjack	Yogurt	Fruit		
	Wednesday	Roast Turkey, Stuffing & Cran/Sauce	Leek & Pepper Tart	Cherry Cake	Yogurt	Fruit		
	Thursday	Salmon Fish Fingers	Cheese & Tomato Herby Pizza	Fruit Jelly	Yogurt	Fruit		
	Friday	Turkey Burger	Spicy Vegetable Burger	Surprise Dessert Selection	Yogurt	Fruit		
Fri 7th Oct - Mon 3rd -	Monday	Shepherds Pie	Vegetarian Cottage Pie (Quorn)	Oaty Apple Crumble & Custard	Yogurt	Fruit		
	Tuesday	BBQ Chicken	Smokey Vegetable Chilli (Quorn)	Fresh Fruit Salad	Yogurt	Fruit		
	Wednesday	Roast Chicken	Vegetable & Lentil Roast	Fruity Cookie	Yogurt	Fruit		
	Thursday	Lasagne	Macaroni Cheese	Jelly, Peaches & Cream	Yogurt	Fruit		
	Friday	Fish Fingers	Vegetable Nuggets	Chocolate Cracknell	Yogurt	Fruit		
Fri 14th Oct - Mon 10th -	Monday	Turkey & Sweetcorn Puff Pie	Vegetable Pasty	Jam Sponge & Custard	Yogurt	Fruit		
	Tuesday	Spicy Lamb Wrap	Spicy Vegetable Wrap	Frozen Fruit Smoothie	Yogurt	Fruit		
	Wednesday	Roast Beef & Yorkshire Pudding	Pasta Spirals with Cheesy Leeks	Fresh Fruit Salad	Yogurt	Fruit		
	Thursday	Sweet and Sour Chicken	Oriental Sweet Potato Bake	Fruity Jelly	Yogurt	Fruit		
	Friday	Oven Baked Fish	Baked Bean Lasagne	Chocolate & Banana Cake	Yogurt	Fruit		

Please tick which choice is required for main course and dessert

Total number of Meals Required @ £2.70 per meal

Total Cost £

Payment to be made in full by cheque or cash only. Please make cheques payable to Pabulum.

Please return to the school by Monday 11th July

Please submit a separate form for each child.