



Hele's School Cafeteria

Information booklet

Where in the school do I go?

What food is available?

How much does the food cost?

**What vegetarian/vegan options
are available?**

**This booklet contains everything you need
to know to survive break and lunch at
Hele's School**

**All the food is freshly made each day by
our wonderful kitchen staff.**





Hele's School Cafeteria

Opening times

Breakfast 8.00am-8.30am

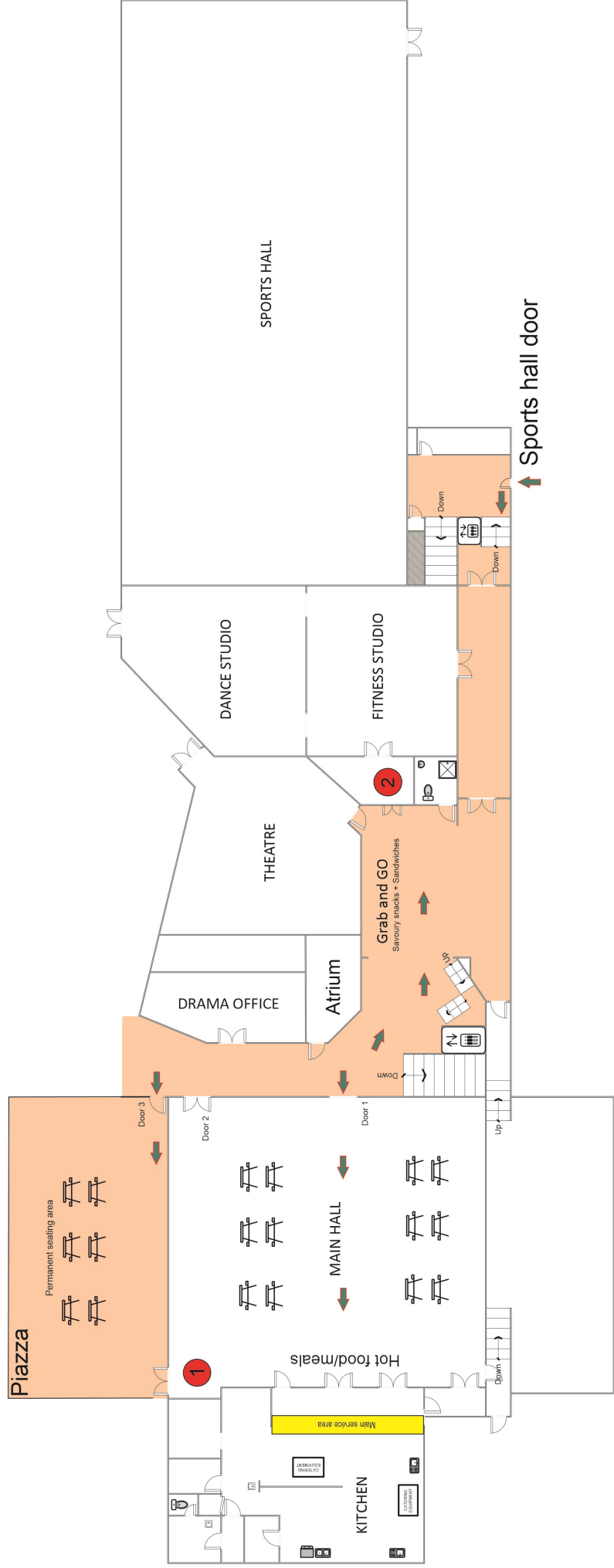
Morning break 11.10am-11.40am
Main hall + Grab and Go (Atrium)

Lunch

Main hall 1.40pm-2.10pm
Grab and go (Atrium)

Map of food service points

- 1 Main hall - Hot food meal service
- 2 Grab and GO - Savoury snacks and sandwiches





Hele's School Cafeteria

Breakfast Club Menu—Main Hall

8am-8.30am

Cereal & milk, porridge (choose your own)	£1.00
Fruit Yoghurt	65p
Hot buttered toast (add jam for free)	65p
Hot buttered toast and a bottle of water	£1.30
Pain au chocolate	90p
Hash browns *2	£1.50
Hot bacon roll	£1.30
Fresh fruit (grapes/strawberries/bananas etc)	75p
Bottles water	95p
Bottled flavoured water	£1.00
Small carton of milk	40p
Pip Smoothie	95p
Yazoo	£1.10



Hele's School Cafeteria

Main Hall Break Time

11.10am-11.40am

Main servery

Hot baguettes with a choice of fillings **£2.20**
BBQ Chicken, ham, sausage, bacon, meatballs in sauce, cheese

Cheese and bacon frazzles **£1.20**

Pizza slices **£1.50**

Hot sausage bap **£1.50**

Home made

Cakes, cookies, flapjacks, muffins **80p**

Baguettes can be pre-ordered from the main kitchen at breakfast and collected from the main pass at break one.

MAIN Hall Lunch Menu

£2.65

1.40pm-2.10pm

Available Daily

Chicken Curry & Rice (Korma or Tikka sauce)

Pasta with a choice of meatballs in tomato & Basil Sauce, Cheesy pasta

Mozzarella sticks & wedges



Hele's School Cafeteria

Week one

£2.65

Monday:

Hot Dogs / or Cheeseburger and wedges

Daily special : BBQ Chicken Baguette or a Jacket Potato, Salad bar or vegetables

Tuesday :

Chicken Burger with lettuce and Mayo/ or beefburger and wedges

Daily Special : Beef Lasagne & Garlic Bread , salad bar or vegetables

Wednesday :

Hot Dog / or Chicken nuggets & Wedges

Daily special Spicy Beef & Bean wrap, salad bar or vegetables

Thursday :

Cheeseburger / or Chicken , lettuce, and mayo burger with wedges

Daily special : Toad in the hole , roasties, gravy & vegetables

Friday :

Beefburger / or Chicken Nuggets & wedges

Daily special : Fish or Sausages & Chips & Vegetables



Hele's School Cafeteria

Week two

£2.65

Monday :

Hot Dogs / or Cheeseburger and wedges

Daily special : 7-inch Margherita Pizza or a Jacket potato , salad bar or vegetables

Tuesday :

Chicken Burger with lettuce and Mayo/ or beefburger and wedges

Daily special : BBQ Chicken Bowl & Rice

Wednesday :

Hot Dog / or Chicken nuggets & Wedges

Daily special : Cheese Whirls & Wedges

Thursday :

Cheeseburger / or Chicken , lettuce, and mayo burger with wedges

Daily special : Spaghetti Bolognese & garlic Bread

Friday :

Beefburger / or Chicken Nuggets & wedges

Daily special : Fish or Sausages & Chips



Hele's School Cafeteria

Week three

£2.65

Monday :

Hot Dogs / or Cheeseburger and wedges

Daily Special : Cheese & Onion Quiche/ or a Jacket potato , salad bar or vegetables

Tuesday :

Chicken Burger with lettuce and Mayo/ or beefburger and wedges

Daily special : Beef Lasagne & Garlic Bread

Wednesday :

Hot Dog / or Chicken nuggets & Wedges

Daily special: Chicken Fajitas

Thursday :

Cheeseburger / or Chicken , lettuce, and mayo burger with wedges

Daily special : Chilli con carne & rice

Friday :

Beefburger / or Chicken Nuggets & wedges

Daily special : Fish or Sausages & Chips



Hele's School Cafeteria

Grab and Go, Atrium Break time and lunch Menu

11.10am-11.30am

1.10pm-2.10pm

Cheese pasty	£2.10
Steak pasty	£2.40
Sausage roll	£1.20
Cheese & bacon fizzle	£1.80
Sandwiches	£1.90
(Tuna + cucumber, Ham salad, cheese + tomato/pickle)	
Wraps	£2.00
(Tuna + cucumber, Chicken Caesar + cheese and coleslaw)	
Ham/Cheese salad box	£2.50
Bottled Water	95p
Flavoured Water	£1.10
Yazoo	£1.10
Fresh Fruit	75p
Cakes, Cookies , & Flapjacks	80p



Hele's School Cafeteria

Dietary requirements

**Gluten Free / Vegan and Vegetarian options are available
on request**

**Please contact the Catering Manager at
Kitchen@heles.plymouth.sch.uk**

Parents and carers can manage their account by setting up e-mail alerts on parent pay to know when the account is running low and needs topping up.

There is no overdraft facility on parent pay. Please be advised that no one will ever be denied food or drink if they have no credit on their account. However unless we are informed in advance of any circumstances, it will be the pastoral team who will sign a meal off and then contact parents /carers to alert them to arrange top up payment.