



# 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**

**Or**

**Grab and Go (Atrium)**

**Lunch 1.40-2.10**

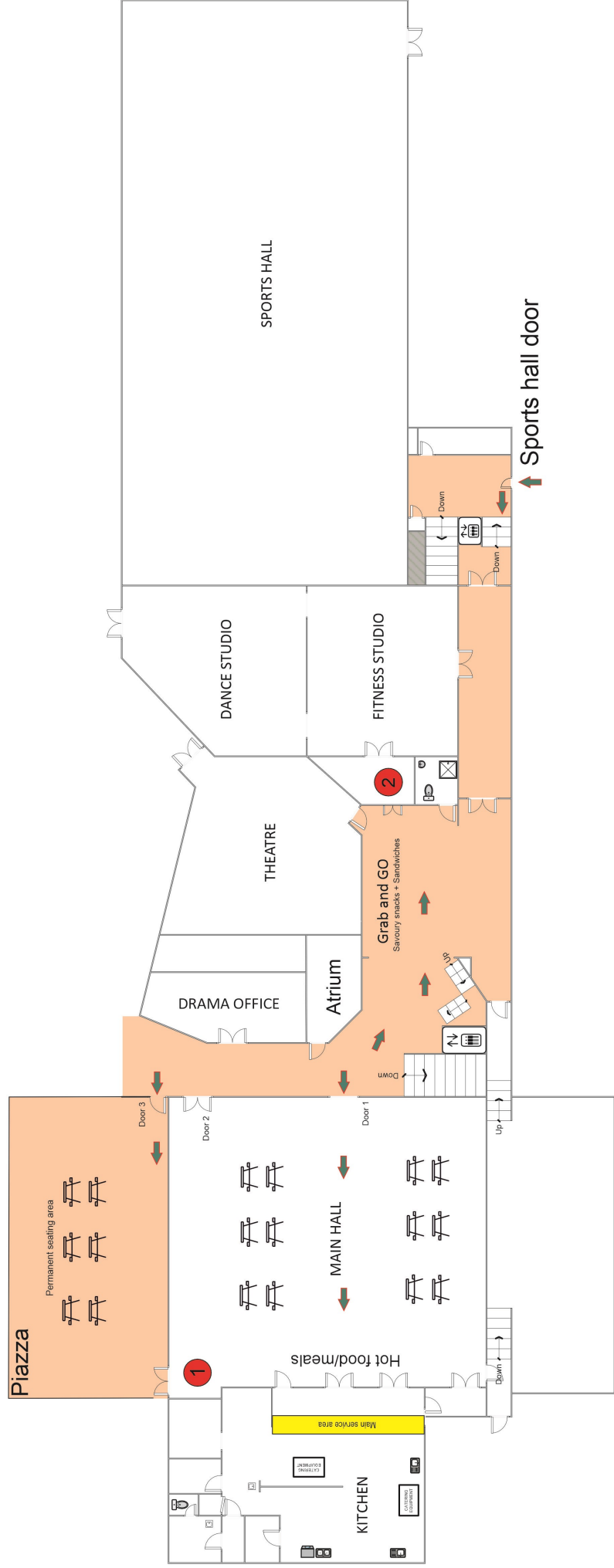
**Main Hall**

**Or**

**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**

### **Pupil Premium**

**8am-8.30am**

<b>Fruit Yoghurt</b>	<b>75p</b>
<b>Hot Buttered Toast x2 (add jam for free)</b>	<b>75p</b>
<b>Pain au Chocolate</b>	<b>95p</b>
<b>Sausage in a Roll</b>	<b>£1.65</b>
<b>Hash Browns *2</b>	<b>£1.00</b>
<b>Bacon in a roll</b>	<b>£1.60</b>
<b>Hash Brown in a Roll</b>	<b>£1.25</b>
<b>Fresh fruit</b>	<b>80p</b>
<b>Bottled Water</b>	<b>£1.00</b>
<b>Bottled Flavoured Water</b>	<b>£1.30</b>
<b>Small Carton of Milk</b>	<b>45p</b>
<b>Tea , Hot Chocolate &amp; Coffee</b>	<b>45p</b>



# Hele's School Cafeteria

## Main Hall Break Time

**11.10am-11.40am**

### Main Servery

<b>Hot baguettes with a choice of fillings</b>	<b>£2.40</b>
<i>BBQ Chicken, Ham, Sausage, Meatballs in Sauce, Cheese</i>	
<b>Pizzini (Cheese &amp; Tomato)</b>	<b>£1.85</b>
<b>Cheese and Bacon Turnovers</b>	<b>£1.80</b>
<b>Bacon in a Roll / Sausage in a Roll</b>	<b>£1.65</b>

**Cookies, Brownies , Muffins , Fruit Jelly, Yoghurt 90p**

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

## MAIN Hall Lunch Menu

**1.40pm-2.10pm**

### **Available Daily:**

**Jacket Potato & one filling ( Coleslaw, Cheese, Tuna, or baked beans ) Salad Bar**

**Chicken Goujons, Chicken Nuggets , or Mozzarella sticks with Wedges**

**Mondays : Chicken Burgers, Tuesdays: Hot Dogs , Wednesdays: Beefburger, Thursdays; Chicken Burger with Lettuce & Mayo , Fridays Cheeseburger**

**All the Above for £2.55 or make it a Meal Deal with a Cookie, brownie or muffin for £2.85**



# Hele's School Cafeteria

**£2.85 Special Meal Deals: Main meal with a Cookie, Brownie , or Muffin of your choice**

## **Term 1 &2 / Autumn**

**Monday:** Week A      **Cheese & Tomato Quiche with Salad**  
**Chicken Korma with white or wholemeal rice**

Week B      **Red Thai Chicken Noodle Pot**  
**Chicken Korma with white or Wholemeal Rice**

**Tuesday :** Week A      **Meatballs in tomato sauce with pasta**  
**Mince beef & Onion Pie / seasonal Vegetables**

Week B      **Cottage Pie with seasonal Vegetables**  
**Meatballs in Tomato Sauce with pasta**

### **Wednesday :**

Week A      **Chicken Tikka with white or wholemeal rice**  
**Chicken Chow Mein**

Week B      **Spaghetti Bolognese with Garlic Bread**  
**Sweet & Sour Chicken with white or wholemeal rice**

**Our Meals contain allergens : cereal, wheat, milk, eggs , gluten, soya ,sesame and  
curry sauces contain nuts**



# Hele's School Cafeteria

## Term 1 & 2—Autumn Continued

### ***Thursday:***

**Week A *Beef Lasagna***

***Meatballs in tomato sauce with pasta***

**Week B *Beef Lasagna— Roast Potatoes & Seasonal Vegetables***

***Pork Meatballs in BBQ Sauce with Pasta***

### ***Friday :***

**Week A *Pizza Wedge with waffle fries***

***Chicken Balti with white or wholemeal rice***

**Week B *Sausage & Chips with spaghetti***

***Chicken Korma with white or wholemeal rice***

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# Hele's School Cafeteria

## **£2.85 Special Meal Deals continued**

### **Term 3 & 4/ Spring**

***Monday:*** Week A      **All Day Breakfast**

**Chicken Korma with white or wholemeal rice**

Week B      **Cheese & Ham Quiche**

**Chicken Korma with white or Wholemeal Rice**

***Tuesday :*** Week A      **Meatballs in tomato sauce with pasta**

**Sweet Chilli Chicken Noodle Pot**

Week B      **Creamy Chicken Pie , Roast potatoes & Seasonal Vegetables**

**Cheese pasta**

***Wednesday :***

Week A      **Chicken in Black Bean Sauce with Noodles**

**Mis-Week Chicken Roast Dinner**

Week B      **Beef Lasagna with Mexican Cheesy Garlic Bread**

**Chicken Balti with white or wholemeal rice**

***Thursday:***

Week A      ***Pizza Wedge with Cheesy Coleslaw***

***Spicy Beef & Bean wrap with spicy coleslaw***

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# Hele's School Cafeteria

## Term 3 & 4 Spring

**Thursday Week B**      **Roast Gammon , roast potatoes, yourkshie pudding & Sea seasonal vegetables**

**Meatballs in tomato sauce with Pasta**

**Friday Week A**      **Fish , Chips & peas**

**Chicken Korma with white / wholemeal rice**

**Week B**

**Pizza Wedge with Spicy Wedges & Baked Beans**

## Terms 4 & 5 Summer

**Monday:** **Week A**      **Thai Chicken Noodle Pot**

**Chicken Korma with white or wholemeal rice**

**Week B** **Chicken Goujons , sweet chilli sauce / wrap and coleslaw**

**Chicken Korma with white or Wholemeal Rice**

**Tuesday :** **Week A**      **Piri Piri Chicken Wrap**

**Meatballs in Tomato Sauce with pasta**

**Week B** **Spaghetti Bolognese & Cheesy Garlic Bread**

**Spinach & Cream Cheese parcel with Salad & baked beans**

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# Hele's School Cafeteria

**Terms 5 & 6 Summer continued**

**Wednesday:** **Week A** **BBQ Chicken Cheesy melt baguette with Coleslaw**  
**Chicken Tikka with white or wholemeal rice**

**Week B** **Chicken Chow Mein**

**Meatballs in Tomato Sauce with pasta**

**Thursday:** **Week A** **Pizza Wedge & Salad**

**Cheese & Tomato pasta bake with seasonal Vegetables**

**Week B** **BBQ pulled pork in a brioche bun with Coleslaw**

**Chicken Tikka with white or wholemeal rice**

**Friday:** **Week A** **Fish , Chips and baked beans**

**Mixed Pepper Quiche with Salad**

**Week B** **Jumbo Sausage, chips and BBQ Baked Beans**

**Swet and Sour vegetable Noodle pot**

## **Dietary requirements**

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

**Upon request**

**Please contact the Catering Manager at**

**[Kitchen@heles.plymouth.sch.uk](mailto:Kitchen@heles.plymouth.sch.uk)**



# Hele's School Cafeteria

## Grab and Go, Atrium Break time and lunch Menu

**11.10am-11.40am**

**1.40pm-2.10pm**

<b>Cheese Pasty</b>	<b>£2.20</b>
<b>Steak Pasty</b>	<b>£2.50</b>
<b>Sausage Roll</b>	<b>£1.25</b>
<b>Cheese &amp; Bacon Turnover</b>	<b>£1.80</b>
<b>Sandwiches</b>	<b>£1.90</b>
<b>(Tuna + Cucumber, Ham Salad, Cheese + Tomato/Pickle)</b>	
<b>Wraps</b>	<b>£2.00</b>
<b>(Tuna + Cucumber, Chicken Caesar + Cheese and Coleslaw)</b>	
<b>Ham/Cheese Salad box</b>	<b>£2.55</b>
<b>Bottled Water</b>	<b>£1.00</b>
<b>Flavoured Water</b>	<b>£1.25</b>
<b>Fresh Fruit</b>	<b>80p</b>
<b>Cakes, Cookies , &amp; Flapjacks</b>	<b>90p</b>



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**Please contact the Catering Manager at**

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**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.***