



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

Fruit Yoghurt	80p
Hot Buttered Toast x2 (add jam for free)	80p
Pain au Chocolate	£1.00
Sausage in a Roll	£1.70
Hash Browns *2	£1.00
Bacon in a roll	£1.65
Hash Brown in a Roll	£1.30
Warm Waffle	80p
Fresh fruit	85p
Bottled Water Large	£1.00
 Small	65p
Bottled Flavoured Water	£1.30
Small Carton of Milk	50p
Tea , Hot Chocolate & Coffee	50p
Small fresh fruit juice	10p



Hele's School Cafeteria

Main Hall Break Time

11.10am-11.40am

Main Servery

Hot baguettes with a choice of fillings £2.50

BBQ Chicken, Ham, Sausage, Meatballs in Sauce, Cheese

Pizzini (Cheese & Tomato) £1.90

Frankfurter Hot dog Roll £2.00

Chicken Flatbread £1.95

Vegetarian Flatbread £1.75

Cheese and Bacon Turnovers £1.85

Bacon in a Roll / Sausage in a Roll £1.70

*All of the above contain allergens , Wheat– milk– egg –gluten-
soyabean- Allergens are listed on the menu & packaging .*

Cookies, Brownies , Muffins 95p Fruit 50p Yoghurt 65p

*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 £2.00 each or £2.60 with wedges**



Hele's School Cafeteria

£2.95 Special Meal Deals: Main meal with a Cookie, Brownie , or Muffin of your choice

Please note Nuts are not included in our Ingredient list , but some sauces may contain traces of nuts as some factories use the same machines to make nut free foods

Week 1

Monday: Spaghetti Bolognese with Garlic Bread
(*wheat, mustard, peanuts, gluten, sesame , milk, sulphates*)
Chicken Korma & Rice
(*milk, nuts, mustard, peanut*)

Tuesday : Chicken Pie, Roast Potatoes, veg & Gravy
(*milk & wheat*)
Cheesy Pasta
(*wheat , barley, milk*)

Wednesday : Cottage Pie, Veg & Gravy
(*milk, eggs*)
Chicken Tikka & Rice
(*milk, mustard, sauce , could contain traces of nut*)

Thursday : Cheese & Broccoli Quiche with Salad
(*wheat, milk, egg*)
Meatball Pasta Bake
(*Nuts, Mustard, milk, gluten*)

Friday : Fish, Chips, & Peas
(*Wheat*)
Chicken Balti & Rice
(*milk, mustard, sauce could contain traces of nut*)



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Week 2

Monday : *Beef Lasagna & garlic Bread*

(barley, wheat, gluten, milk, sesame, soy, celery)

Meatballs in tomato & basil sauce with pasta

(milk, gluten, mustard, nut traces, celery, soya)

Tuesday : Jumbo Sausage , Mash , veg, and Gravy

(gluten, milk, egg, sulphates)

Meatballs in tomato & basil sauce and pasta

(milk , gluten, mustard , may contain milk)

Wednesday : All Day Breakfast—bacon, sausage, hash brown, mushrooms & Beans

(wheat, sulphates, milk)

Chicken Korma & Rice

(milk, mustard, sauce may contain traces of nut)

Thursday : Beef Chilli & Cheesy Wedges

(milk, sulphates, celery, sauce may contain trace of nuts)

Chilli Meatball Pasta Bake

(milk, gluten, mustard, may contain traces of nuts)

Friday: A large Pizza Wedge

(Wheat, celery, milk, mustard, may contain trace of nuts)

Chicken tikka & Rice

(milk, mustard, may contain trace of nuts)



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Grab and Go, Atrium Break time and lunch Menu

11.10am-11.40am

1.40pm-2.10pm

Cheese Pasty	£2.25
Chicken Tikka Slice	£1.50
Steak Pasty	£2.55
Sausage Roll	£1.30
Cheese & Bacon Turnover	£1.85
Sandwiches	£2.00
(Tuna & Cucumber, Ham Salad, Cheese + Tomato/Pickle)	
Wraps	£2.10
(Tuna + Cucumber, Chicken Caesar + Cheese and Coleslaw)	
Ham/Cheese Salad box	£2.60
Bottled Water	£1.00
Flavoured Water	£1.30
Fresh Fruit	85p
Cakes, Cookies , Flapjacks	95p

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Dietary requirements

Gluten Free / Vegan and Vegetarian options are available

Upon request

Please contact the Catering Manager at

Kitchen@hls.westst.org.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.