

Monday

Spaghetti Bolognaise

Sweet Potato, Spinach and Chick Pea Curry

Smoothie

Tuesday

Chicken Curry with Rice and Naan Bread

Italian Roasted Vegetable Pasta Bake

Cooks Choice Dessert

Wednesday

Traditional Roast Beef and Yorkshires

Roasted Vegetable Filled Yorkshire Pudding

Apple Crumble and Custard

Thursday

Macaroni Cheese with Garlic Bread and Salad

Sweet Potato with Mozzarella and Spinach

Chocolate Crispy Cake

Friday

Battered Fish and Chips

Pizza Selection

Selection of Cakes

Monday

Pasty, Mash and Beans
Vegetable Pie, Mash and Beans
Carrot Cake

Tuesday

Fiesta Chilli Macaroni
Cauliflower and Broccoli Gratin
Chocolate Crunch

Wednesday

Traditional Roast Chicken with Stuffing
Vegetarian Roast
Fruit Sponge and Custard

Thursday

BBQ Pulled Pork, Wedges and Sweetcorn
Jacket Potatoes with Vegetarian Chilli and Cheese
Pancakes with Warm Fruit Compote

Friday

Breaded Fish and Chips
Pizza Selection
Cookies

Helston Community College

Menu Week 3

Monday

Chicken Curry with Rice and Naan Bread

Spicy Squash and Mozzarella Bake

Fruit Salad

Tuesday

Beef Casserole with Dumplings and Vegetables

Macaroni Cheese

Chocolate Brownie

Wednesday

Traditional Roast Beef and Yorkshires

Cheese and Tomato Stuffed Courgettes

Apple Crumble & Custard

Thursday

Garlic Chicken Thigh with Spinach and Pasta

Vegetable Burger, Potato Wedges and Salad

Ice Cream and Fruit

Friday

Battered Fish & Chips

Pizza Selection

Cake Selection

Helston Community College

Menu Week 4

Monday

Sausage, Mash and Beans

Vegetarian Sausage, Mash and Beans

Carrot Cake

Tuesday

Chinese Dish of the Day

Halloumi Kebabs with Cous Cous

Jewelled Rice Pudding

Wednesday

Roast Pork, Stuffing and Apple Sauce

Mixed Bean Quesadilla

Winter Sponge Pudding with Custard

Thursday

Lasagne with Salad and Garlic Bread

Bountiful Brunch Pizza

Fruit Mousse

Friday

Breaded Fish and Chips

Cheese and Tomato Panini

Chocolate Chip Cookies