

St Bernard's High School



Catering Team and General Information re: Menus

Mrs Golding, our Catering Manager, and her team create nutritious, balanced and delicious meals and snacks every day for students and staff to enjoy before school, at break and at lunchtime.

The menus are rotated on a four weekly basis and the four weekly menus may be found as separate documents, together with a list of the dates that each menu is applicable.

Breakfast is served from 8.15 am and comprises:

Bacon, Toast, Fruit, Yoghurt, Hot and Cold Drinks

Break is served at 11.15 am and the following are offered:

Assorted Pizza, Panini, Breakfast Muffins, Selection of Cakes, Fruit and Yoghurts

In addition to the main lunch menus, the following are also offered from the chill cabinet:

Sandwiches, Filled Rolls, Salad Pots, Cold Pasta Pots, Fruit Salad

There is also a daily **'Meal Deal'** available, comprising:

Main Meal from the day's menu, Vegetables or Salad

plus a choice of: **Yoghurt, Fresh Fruit, Sugar-Free Jelly or Flap Jack: £2.50**

One free carton of milk is available to all students on Free School Meals. This can be collected at any service time in the normal way all other food / drink items are purchased.

Jugs of water are available at the table, in addition to the water fountains around the school. Fruit drinks can also be purchased.

Mrs Krone, School Business Manager