

## April 2017 Menu The Heights

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> 24.04.17 22.05.17 19.06.17 17.07.17	Meatballs <b>BEEF, PORK, CHICKEN</b> with Pasta, Tomato Sauce and Sweetcorn	Roast Gammon <b>PORK</b> with New Potatoes and Cauliflower Cheese	Lamb Moussaka <b>LAMB</b> with Green Beans and Garlic Bread	Beef Bolognese <b>BEEF</b> with Peas and Crusty Bread	Paella with Peas <b>CHICKEN, SALMON</b>
VEGETARIAN	Vegetable Grills with Mash Potatoes and Sweetcorn	Roast Quorn with New Potatoes and Cauliflower Cheese	Jacket Potato with Cheese and Baked Beans	Frittata with Baked Beans	Cheese and Tomato Pasta Bake with Crusty Bread and Cucumber Sticks
DESSERT	Organic Yoghurt	Fresh Fruit	Eton Mousse	Fresh Fruit Salad	Coconut Jam Sponge
<b>Week 2</b> 01.05.17 29.05.17 26.06.17	Jacket Potato with Tuna Mayo <b>TUNA</b> And Sweetcorn	Chicken Chasseur <b>CHICKEN</b> with Rice and Carrots	Chicken and Carrot Curry <b>CHICKEN</b> with Rice, Peas and Naan Bread	Cottage Pie <b>BEEF</b> with Sweetcorn	Fish Cakes <b>COD, HAKE, HADDOCK, POLLOCK</b> with New Potatoes and Sweetcorn
VEGETARIAN	Jacket Potato with Cheese and Baked Beans	Vegetarian Chilli with Rice and Carrots	Mushroom Ravioli in Tomato Sauce with Peas and Bread Sticks	Cheese and Tomato Pizza with Potato Wedges and Cucumber Sticks	Vegetable Grills with New Potatoes and Sweetcorn
DESSERT	Flapjack	Fresh Fruit	Banana Sponge with Vanilla Sauce	Organic Yoghurt	Fresh Fruit Salad
<b>Week 3</b> 08.05.17 05.06.17 03.07.17	Ham and Pineapple Pizza <b>PORK</b> with Potato Wedges and Cucumber Sticks	Jacket Potato with Beef Chilli <b>BEEF</b> And Sweetcorn	Gravy Roast Chicken <b>CHICKEN</b> with Roast Potatoes, Peas and Gravy	Chicken and Broccoli Pasta Bake <b>CHICKEN</b> with Carrots and Crusty Bread	Fish Fingers <b>POLLOCK</b> with Mash Potatoes and Baked Beans
VEGETARIAN	Falafel with Pasta, Tomato Sauce and Cucumber Sticks	Vegetable Curry with Rice, Sweetcorn and Naan Bread	Roast Quorn with Roast Potatoes, Peas and Gravy	Vegetable Pasta Bake Crusty Bread and Carrot	Vegetable Fingers with Mash Potatoes and Baked Beans
DESSERT	Fresh Fruit	Organic Yoghurt	Fresh Fruit Salad	Orange Polenta Cake	Pancakes and Peaches
<b>Week 4</b> 15.05.17 12.05.17 10.07.17	Norfolk Turkey Pie <b>TURKEY</b> with Carrots	Beef Penne Pasta Bolognese <b>BEEF</b> with Sweetcorn and Garlic Bread	Chicken and Carrot Curry <b>CHICKEN</b> with Rice, Peas and Naan Bread	Chipolata Sausages <b>PORK</b> with Mash Potatoes and Baked Beans	Breaded Cod <b>COD</b> with New Potatoes and Green Beans
VEGETARIAN	Mushroom Ravioli in Tomato Sauce with Cucumber Sticks and Bread Sticks	Jacket Potato with Cheese and Baked Beans	Vegetable Fingers with Mash Potato and Sweetcorn	Cheese and Tomato Pizza with Potato Wedges and Cucumber Sticks	Bubble and Squeak with New Potatoes and Green Beans
DESSERT	Fresh Fruit	Fresh Fruit Salad	Organic Yoghurt	Ice Cream and Wafer	Pineapple Upside Down Pudding