

# The Heights Lunch Menu Sept 2017 – December 2017



|  | Monday   | Tuesday  | Wednesday   | Thursday                                       | Friday  |
|--|--|--|---|--|---|
| Week 1<br>04.09.17<br>02.10.17<br>30.10.17<br>27.11.17 | Chilli<br>Jacket Potato<br>Peas                              | Chicken Chasseur<br>Rice<br>Carrots  | Beef Bolognaise<br>Penne Pasta<br>Crusty Bread<br>Sweetcorn | Sausages<br>Mashed Potato<br>Baked Beans       | Fishcakes<br>Herb Dice Potatoes<br>Green Beans        |
| Heights  | Jacket Potato<br>Cheese<br>Baked Beans                       | Vegetarian Chilli<br>Rice<br>Peas  | Quorn Chasseur<br>Pasta<br>Carrots                          | Pizza<br>Potato Wedges<br>Sweet corn           | Vegetable Grills<br>Herb Dice Potatoes<br>Green Beans |
| Gluten free  | Same   | Same   | Gluten Free Pasta and Bread                                 | Gluten Free Sausages                           | Gluten Free Fish Fingers                              |
| Dairy Soya   | Free From Cheese   | Same   | Same  | Same   | Dairy Free Fishcakes                                  |
| Dessert  | Organic Yoghurt  | Fresh Fruit  | Fresh Fruit Salad   | Ice Cream and Wafer                            | Pineapple Upside Down<br>Pudding                      |
| Gluten free  | Same   | Same   | Same  | No Wafer                                       | Free From Sponge                                      |
| Dairy Soya   | Fresh Fruit  | Same   | Same  | Apple and Watermelon Jelly                     | Free From Sponge                                      |
| Week 2<br>11.09.17<br>09.10.17<br>06.11.17<br>04.12.17 | Chicken & Sweetcorn<br>Pasta Bake<br>Crusty Bread<br>Carrots | Roast Gammon<br>Roast Potatoes<br>Mixed Vegetables- Cauliflower,<br>Pea and Swede<br>Gravy | Sweet and Sour Chicken<br>Rice<br>Green Beans               | Lamb Moussaka<br>Garlic Bread<br>Sweetcorn     | Paella<br>Peas<br>Breadsticks                         |
| Heights  | Vegetarian Sausages<br>Mash Potato<br>Baked Beans            | Roast Quorn<br>Roast Potatoes<br>Mixed Vegetables- Cauliflower,<br>Pea and Swede<br>Gravy  | Falafel<br>Tomato Sauce<br>Pasta<br>Cucumber Sticks         | Vegetable Fingers<br>New Potatoes<br>Sweetcorn | Jacket Potato<br>Cheese<br>Baked Beans                |
| Gluten free  | Gluten Free Pasta and Bread                                  | Same   | Same  | Gluten Free Bread                              | Same  |
| Dairy Soya   | Tomato Sauce not White Sauce                                 | Same   | Same  | Same   | Same  |
| Dessert  | Flapjack   | Fresh Fruit  | Apple and Sultana Sponge with<br>Custard                    | Organic Yoghurt                                | Fresh Fruit Salad                                     |
| Gluten free  | Free From Hobnob   | Same   | Free From Sponge and Custard                                | Same   | Same  |
| Dairy Soya   | Free From Hobnob   | Same   | Free From Sponge and Custard                                | Apple and Watermelon Jelly                     | Same  |

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|  |  |   |   |   |  |
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| Week 3<br>18.09.17<br>16.10.17<br>13.11.17<br>11.12.17 | Meatballs<br>Pasta,<br>Tomato Sauce<br>Sweetcorn | Corned Beef<br>Red Leicester Potato Hash<br>Baked Beans | Chicken & Carrot Curry<br>Rice<br>Naan<br>Peas            | Beef Cottage Pie<br>Carrots                                 | Fish Fingers<br>New Potatoes<br>Mushy Peas       |
| Heights  | Sweet and Sour Quorn<br>Rice<br>Green Beans      | Vegetarian Sausages<br>Mash<br>Baked Beans              | Falafel<br>Tomato Sauce<br>Peas                           | Ravioli<br>Tomato Sauce<br>Crusty Bread<br>Cucumber Sticks  | Vegetable Fingers<br>New Potatoes<br>Mushy Peas  |
| Gluten free  | Gluten Free Pasta                                | Same  | Free From Sauce<br>No Naan                                | Gluten Free Pasta in Tomato<br>Sauce with Gluten Free Bread | Gluten Free Fish Fingers                         |
| Dairy Soya   | Same   | Free From Cheese  | Free From Sauce<br>No Naan                                | Pasta in Tomato Sauce                                       | Same   |
| Dessert  | Fresh Fruit                                      | Apple and Rhubarb Oat<br>Crumble with Custard           | Organic Yoghurt   | Fresh Fruit Salad   | Orange Polenta Cake                              |
| Gluten free  | Same   | Fruit Only<br>No Crumble<br>Free From Custard           | Same  | Same  | Free From Sponge                                 |
| Dairy Soya   | Same   | Free From Custard                                       | Apple and Watermelon Jelly                                | Same  | Free From Sponge                                 |
| Week 4<br>25.09.17<br>23.10.17<br>20.11.17<br>18.12.17 | Jacket Potato<br>Tuna Mayo<br>Sweetcorn          | Chilli<br>Rice<br>Peas                                  | Sausage & Butterbean Casserole<br>New Potatoes<br>Carrots | Roast Chicken<br>Roast Potatoes<br>Green Beans<br>Gravy     | Breaded Fish Fillets<br>Mash Potato<br>Sweetcorn |
| Heights  | Pizza<br>Herb Dice Potato<br>Cucumber Sticks     | Vegetable Mince Pasta Bake<br>Bread<br>Peas             | Vegetable Grill<br>New Potatoes<br>Carrots                | Roast Quorn<br>Roast Potatoes<br>Green Beans<br>Gravy       | Bubble and Squeak<br>Mash Potato<br>Sweetcorn    |
| Gluten free  | Gluten Free Pizza                                | Same  | Gluten Free Sausage's                                     | Same  | Gluten Free Fish Fingers                         |
| Dairy Soya   | Free From Cheese                                 | Same  | Same  | Same  | Same   |
| Dessert  | Coconut Sponge with Hot Fruit<br>Sauce           | Fresh Fruit Salad                                       | Fresh Fruit   | Mandarins with Crème Fraiche                                | Organic Yoghurt                                  |
| Gluten free  | Free From Sponge                                 | Same  | Same  | Same  | Same   |

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|            |                  |      |      |                  |                            |
|------------|------------------|------|------|------------------|----------------------------|
| Dairy Soya | Free From Sponge | Same | Same | No Crème Fraiche | Apple and Watermelon Jelly |
|------------|------------------|------|------|------------------|----------------------------|

