

# The Heights Lunch Menu Jan 2018 – April 2018



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 01.01.2018 29.01.2018 26.02.2018	Option 1	Jacket Potato with Tuna and Baked Beans	Mediterranean Chicken with Rice & Green Beans	Beef Bolognese, Penne Pasta with Sweetcorn and Garlic Bread	Roast Gammon, Roast Potatoes with mixed vegetables and Gravy	Cod fishcakes with herb diced potatoes & Carrots
	Option 2	Jacket Potato with Cheddar Cheese and Baked Beans	Mediterranean roast vegetables with Rice & Green Beans	Meat free mince Bolognese, Penne Pasta with Sweetcorn and Garlic Bread	Vegetable sausage, Roast Potatoes with mixed vegetables and Gravy	Vegetable grill with herb diced potatoes & Carrots
	Gluten free	Option 1	Option 1	Option 1 - Gluten Free Pasta and Bread	Option 1	Option 1 - Gluten Free Fish Fingers
	Dairy Soya	Option 1	Option 1	Option 1	Option 1	Option 1 - Dairy Free Fishcakes
	Dessert	Organic Yoghurt	Fresh Fruit	Fresh Fruit Salad	Strawberry Jelly	Vanilla Ice Cream and wafer
	Gluten free	Same	Same	Same	Same	No wafer
	Dairy Soya	Apple and Watermelon Jelly	Same	Same	Same	Apple and Watermelon Jelly
Week 2 08.01.2018 05.02.2018 05.03.2018	Option 1	Chicken, leek & pea Pasta Bake with Carrots and Crusty Bread	Pork Sausages with mashed Potato & Baked Beans	Chicken Chow Mein with sugar snap peas	Jacket potato with beef chilli & sweetcorn	Fish fingers with new Potatoes & Peas
	Option 2	Mushroom, leek & pea Pasta Bake with Carrots and Crusty Bread	Vegetarian Sausages with mashed Potato & Baked Beans	Vegetable Chow Mein with sugar snap peas	Jacket potato with mixed bean chilli & sweetcorn	Vegetable fingers with new Potatoes & Peas
	Gluten free	Option 1 - Gluten Free Pasta and Bread	Option 1 - Gluten free sausage	Option 1 with rice	Option 1	Option 1 - Gluten free fish fingers
	Dairy Soya	Option 1 - Tomato Sauce	Option 1	Option 1	Option 1	Option 1
	Dessert	Flapjack	Fresh Fruit Salad	Apple and Sultana Sponge with Custard	Fresh Fruit	Organic yoghurt
	Gluten free	Free From Hobnob	Same	Free From Sponge and Custard	Same	Same
	Dairy Soya	Free From Hobnob	Same	Free From Sponge and Custard	Same	Apple and Watermelon Jelly

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Week 3 15.01.2018 12.02.2018 12.03.2018	Option 1	Beef Bolognese & Pasta Bake with Crusty Bread & Cucumber sticks	Thai yellow chicken curry with rice & Peas	Jacket Potato with Tuna & Baked Beans	Beef, potato & vegetable cobbler with carrots	Tomato & mascarpone tuna pasta bake with sweetcorn & crusty bread
	Option2	Mushroom Ravioli in tomato Sauce with Ratatouille & Crusty Bread	Thai yellow vegetable curry with rice & Peas	Jacket Potato with Cheddar Cheese and Baked Beans	Meat free mince, potato & vegetable cobbler with carrots	Ratatouille, tomato & mascarpone pasta bake with sweetcorn & crusty bread
	Gluten free	Option 1 - Gluten Free Pasta & bread	Option 1	Option 1	Option 1 – No scone	Option 1 - Gluten Free Pasta & Bread
	Dairy Soya	Option 1	Option 1	Option 1	Option 1	Option 1 – No mascarpone
	Dessert	Arctic roll	Organic yoghurt	Fresh Fruit Salad	Banana cake	Fresh fruit
	Gluten free	Ice cream	Same	Same	Free From Sponge	Same
	Dairy Soya	Fruit	Apple and Watermelon Jelly	Same	Free From Sponge	Same
Week 4 22.01.2018 19.02.2018 19.03.2018	Option1	Cheese and ham Pizza with herb diced potatoes and Cucumber Sticks	Meatballs, Penne Pasta with tomato Sauce & Sweetcorn	Potato boats with Sausage & bean casserole	Roast Chicken, Roast Potatoes with Green Beans & Gravy	Breaded Cod fillet with mashed Potato and peas
	Option 2	Cheese and tomato Pizza with herb diced potatoes and Cucumber Sticks	Falafel, Penne Pasta with tomato Sauce & Sweetcorn	Potato boats with vegetable & bean casserole	Vegetable sausage, Roast Potatoes with Green Beans & Gravy	Bubble & squeak with cheese & peas
	Gluten free	Option 1 - Gluten Free Pizza	Option 1 - Gluten free pasta	Option 1 - Gluten Free Sausage	Option 1	Option 1 - Gluten Free Fish Fingers
	Dairy Soya	Option 1 - Free From Cheese	Option 1	Option 1	Option 1	Option 1
	Dessert	Lemon drizzle cake	Orange jelly	Fresh fruit	Fresh fruit Salad	Organic Yoghurt
	Gluten free	Free From Sponge	Same	Same	Same	Same
	Dairy Soya	Free From Sponge	Same	Same	Same	Apple and Watermelon Jelly