

The Heights Lunch Menu April 2018 – July 2018



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 09.04.2018 07.05.2018 04.06.2018 02.07.2018	Option 1	Chicken a la King with Rice and Peas	Meatballs with Moroccan Tomato Sauce, Couscous and Mixed Root Vegetables (Swede and Carrots)	Jacket Potato with Cheddar Cheese and Beef Chilli	Pasta with Chicken and Sweetcorn Sauce, Cucumber Sticks and Crusty Bread	Fish Fingers with New Potatoes and Green Beans
	Option 2	Vegetable a la King with Rice and Peas	Falafel with Moroccan Tomato Sauce, Couscous and Mixed Root Vegetables (Swede and Carrots)	Jacket Potato with Cheddar Cheese and Baked Beans	Pasta with Mushroom and Sweetcorn Sauce, Cucumber Sticks and Crusty Bread	Vegetable Fingers with New Potatoes and Green Beans
	Gluten free	Option 1	Option 1 – Rice (No Couscous)	Option 1	Option 1 - Gluten Free Pasta & Bread	Option 1 - Gluten Free Fish Fingers
	Dairy Soya	Chicken in Tomato Sauce	Option 1	Option 1 - Dairy free Cheese	Option 1	Option 1
	Dessert	Vanilla Ice Cream and Wafer	Fresh Fruit	Fresh Fruit Salad	Lemon Drizzle Cake	Organic Yoghurt
	Gluten free	No Wafer	Same	Same	Free From Vanilla Cake	Same
	Dairy Soya	Strawberry Jelly	Same	Same	Free From Vanilla Cake	Strawberry Jelly
Week 2 16.04.2018 14.05.2018 11.06.2018 09.07.2018	Option 1	Pork Chipolatas with Mashed Potato and Baked Beans	Roast Chicken, Roast Potatoes with Mixed Vegetables (Carrots, Peas and Cauliflower) and Gravy	Chicken Chow Mein with sugar snap peas	Beef Chilli, Rice and Sweetcorn	Pasta with Tomato, Mascarpone and Tuna Sauce, Peas and Garlic Bread
	Option 2	Vegetable Sausage with Mashed Potato and Baked Beans	Vegetable Grill, Roast Potatoes with Mixed Vegetables (Carrots, Peas and Cauliflower) and Gravy	Vegetable Chow Mein with sugar snap peas	Mixed Bean Chilli, Rice and Sweetcorn	Pasta with Tomato, Mascarpone and Ratatouille Sauce, Peas and Garlic Bread
	Gluten free	Gluten Free Sausage	Option 1	Option 1 – Rice (No Noodles)	Option 1	Option 1 - Gluten Free Pasta & Bread
	Dairy Soya	Option 1	Option 1	Option 1	Option 1	Option 1- No Mascarpone
	Dessert	Peaches and Pancakes	Fresh Fruit Salad	Organic Yoghurt	Fresh Fruit	Flapjack
	Gluten free	Peaches and Free From Pancakes	Same	Same	Same	Free From Oat Biscuit
	Dairy Soya	Peaches	Same	Strawberry Jelly	Same	Free From Oat Biscuit

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Week 3 23.04.2018 21.05.2018 18.06.2018 16.07.2018	Option 1	Lamb Burger in a Wholemeal Bap with Ketchup, Minty New Potatoes and Cucumber Sticks	Jacket Potato with Cheddar Cheese and Baked Beans	Penne Pasta with Beef Bolognese sauce, white sauce, Green Beans and Crusty Bread	Cheese and Ham Pizza with Potato Wedges and Yoghurt Coleslaw	Cod Fishcakes, Herb Diced Potatoes and Sweetcorn
	Option2	Vegetable Burger in a Wholemeal Bap with Ketchup, Minty New Potatoes and Cucumber Sticks	Jacket Potato with Tuna and Baked Beans	Penne Pasta with Roast Vegetable sauce, white sauce, Green Beans and Crusty Bread	Cheese and Tomato Pizza with Potato Wedges and Yoghurt Coleslaw	Vegetable Grill , Herb Diced Potatoes and Sweetcorn
	Gluten free	Option 1 - Gluten Free Bread	Option 1	Option 1 - Gluten Free Pasta & Bread	Option 1 – Free from Pizza Base	Option 1 - Gluten Free Fish Fingers
	Dairy Soya	Option 1	Option 2	Option 1 – Dairy Free Cheese	Option 1 – Dairy Free Cheese	Option 2
	Dessert	Organic yoghurt	Strawberry Mousse	Fresh Fruit	Fresh fruit Salad	Yoghurt
	Gluten free	Same	Same	Same	Same	Same
	Dairy Soya	Strawberry Jelly	Fruit	Same	Same	Strawberry Jelly
Week 4 30.04.2018 28.05.2018 25.06.2018 23.07.2018	Option1	Meatballs, Penne Pasta with Tomato Sauce, Green Beans and Garlic Bread	Beef, Vegetable and Cheese Cobbler with Sweetcorn	Thai Yellow Chicken Curry with Rice and Carrots	Roast Gammon, Roast Potatoes with Mixed Vegetables (Carrots, Peas and Cauliflower) and Gravy	Breaded Fish Fillet with Mashed Potato and Baked Beans
	Option 2	Spinach and Ricotta Tortelloni with Tomato Sauce, Green Beans and Garlic Bread	Meat Free Mince, Vegetable and Cheese Cobbler with Sweetcorn	Thai Yellow Vegetable Curry with Rice and Carrots	Vegetable Sausage, Roast Potatoes with Mixed Vegetables (Carrots, Peas and Cauliflower) and Gravy	Bubble and Squeak with Cheddar Cheese and Baked Beans
	Gluten free	Option 1 - Gluten Free Pasta & Bread	Option 1 – No Scone	Option 1	Option 1	Option 1 - Gluten Free Fish Fingers
	Dairy Soya	Option 1	Option 1 – No Scone	Option 1- Dairy free Curry	Option 1	Option 1
	Dessert	Fruit	Apricot Upside Down Cake	Strawberry Jelly	Fresh fruit Salad	Organic Yoghurt
	Gluten free	Same	Free From Vanilla Cake	Same	Same	Same
	Dairy Soya	Same	Free From Vanilla Cake	Same	Same	Strawberry Jelly