

The Heights Lunch Menu September 2018



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 03.09.2018 01.10.2018 29.10.2018 26.11.2018	Option 1	Beef Mince Cottage Pie with Baked Beans	Roast Gammon, Roast Potatoes with Mixed Vegetables (Swede, Peas, Cauliflower) and Gravy	Chicken a la King with Rice and Peas	Cheese and Ham Pizza with Potato Wedges and Carrot Sticks	Cod Fishcakes, Herb Diced Potatoes and Sweetcorn
	Option 2	Meat Free Cottage Pie with Baked Beans	Vegetable Sausage, Roast Potatoes with Mixed Vegetables (Swede, Peas, Cauliflower) and Gravy	Vegetable a la King with Rice and Peas	Cheese and Tomato Pizza with Potato Wedges and Carrot Sticks	Vegetable Grill, Herb Diced Potatoes and Sweetcorn
	Gluten free	Option 1	Option 1	Option 1 – Tomato Sauce	Option 1 – Free from Pizza Base	Option 1 - Gluten Free Fish Fingers
	Dairy Soya	Option 1 – Dairy free Potato	Option 1	Option 1 – Tomato Sauce	Option 1 – Dairy Free Cheese	Option 2
	Dessert	Vanilla Ice Cream and Wafer	Fresh Fruit Salad	Fresh Natural Yoghurt with Strawberry	Lemon Drizzle Cake	Fruit
	Gluten free	No Wafer	Same	Same	Free from Vanilla Cake	Same
	Dairy Soya	Strawberry Jelly	Same	Orange Jelly	Free from Vanilla Cake	Same
Week 2 10.09.2018 08.10.2018 05.11.2018 03.12.2018	Option 1	Chicken and Carrot Korma with Wholegrain Rice and Peas	Meatballs, Fusilli Pasta with Tomato Sauce, Green Beans and Garlic Bread	Jacket Potato with Pork Sausage and Bean Casserole with Carrots	Beef Penne Lasagne with Cucumber sticks and Crusty Bread	Wholemeal Breaded Fish Fillet with Mashed Potato and Baked Beans
	Option 2	Vegetable Korma with Wholegrain Rice and Peas	Spinach and Ricotta Tortelloni with Tomato Sauce, Green Beans and Garlic Bread	Jacket Potato with Vegetable Sausage and Bean Casserole with Carrots	Mushroom mince Bolognese with Cucumber sticks and Crusty Bread	Bubble and Squeak with Cheddar Cheese and Baked Beans
	Gluten free	Option 1	Option 1 - Gluten Free Pasta & Gluten Free Bread	Option 1 – Gluten Free Sausage	Option 1 - Gluten Free Pasta & Gluten Free Bread	Option 1 - Gluten Free Fish Fingers
	Dairy Soya	Option 1 – Dairy Free Curry	Option 1	Option 1	Option 1 – Dairy Free Cheese	Option 1 – Dairy Free Potato
	Dessert	Peaches and Pancakes	Fresh Natural Yoghurt with Mango	Fresh Fruit Salad	Fresh Fruit	Flapjack
	Gluten free	Peaches and Free From Pancakes	Same	Same	Same	Free from Oat Biscuit
	Dairy Soya	Peaches	Orange Jelly	Same	Same	Free from Oat Biscuit

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Week 3 17.09.2018 15.10.2018 12.11.2018 10.12.2018	Option 1	Beef Chilli, Rice and Sweetcorn	Jacket Potato with Tuna Mayonnaise and Baked Beans	Lamb Burger in a Wholemeal Bap with Ketchup, Minty New Potatoes and Cucumber Sticks	Roast Chicken, Roast Potatoes with Mixed Vegetables (Swede, Peas and Cauliflower) and Gravy	Fish Fingers with New Potatoes and Carrot Sticks
	Option2	Mixed Bean Chilli, Rice and Sweetcorn	Jacket Potato with Cheddar Cheese and Baked Beans	Vegetable Burger in a Wholemeal Bap with Ketchup, Minty New Potatoes and Cucumber Sticks	Vegetable Sausage, Roast Potatoes with Mixed Vegetables (Swede, Peas and Cauliflower) and Gravy	Vegetable Fingers with New Potatoes and Carrot Sticks
	Gluten free	Option 1	Option 1	Option 1 - Gluten Free Bread & Gluten free Burger	Option 1	Option 1 - Gluten Free Fish Fingers
	Dairy Soya	Option 1	Option 1	Option 1	Option 1	Same
	Dessert	Fresh Natural Yoghurt with Raspberry	Strawberry Mousse	Orange Jelly	Fresh fruit Salad	Fresh Fruit
	Gluten free	Same	Same	Same	Same	Same
	Dairy Soya	Fruit	Strawberry Jelly	Same	Same	Same
Week 4 24.09.2018 22.10.2018 (Half Term) 19.11.2018 17.12.2018	Option1	Meatballs with Mashed Potato and Baked Beans	Roast Chicken with Broccoli Pesto Pasta and Sweetcorn	Sausage Rolls with Herb Diced Potato and Carrot Sticks	Beef & Vegetable Casserole with a Cheesy Potato Crust and Peas	Breaded Fish Fillet with Potato Wedges and Green Beans
	Option 2	Falafel with Mashed Potato and Baked Beans	Vegetable Grill with Broccoli Pesto Pasta and Sweetcorn	Cheese and Onion Rolls with Herb Diced Potato and Carrot Sticks	Vegetable Casserole with a Cheesy Potato Crust and Peas	Cheese & Tomato Pizza with Potato Wedges and Green Beans
	Gluten free	Option 1	Option 1 – Gluten Free Pasta	Option 1 – Gluten free Sausage Rolls	Option 1	Option 1 - Gluten Free Fish Fingers
	Dairy Soya	Option 1 – Dairy Free Potato	Option 1	Option 1 – Dairy Free Pastry	Option 1 – No Cheese	Option 1
	Dessert	Cheese & Biscuits	Melon Wedges	Strawberry Jelly	Fresh Natural Yoghurt with Vanilla and Peach	Fresh fruit Salad
	Gluten free	Gluten Free Biscuits	Same	Same	Same	Same
	Dairy Soya	Dairy Free Cheese	Same	Same	Fruit	Same