

The Heights Lunch Menu January 2019



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 01.01.2019 28.01.2019 24.02.2019 25.03.2019	Option 1	Roast Chicken Breast with Roast Potatoes, Mixed Vegetables (Swede, Carrots and Peas) and Gravy	Meatballs in Tomato Sauce with Penne Pasta with Cucumber Sticks and Garlic Bread	Butcher's Pork Sausages with Mashed Potato and Baked Beans	Beef and Vegetable Casserole with a Cheesy Potato Crust and Peas	MSC* White Fish Fingers with New Potatoes and Broccoli Cheese *Marine Stewardship Council
	Option 2	Cauliflower Cheese Grill with Roast Potatoes, Mixed Vegetables (Swede, Carrots and Peas) and Gravy	Cheese and Tomato Penne Pasta Bake with Cucumber Sticks and Garlic Bread	Vegetable Sausages with Mashed Potato and Baked Beans	Vegetable Casserole with a Cheesy Potato Crust and Peas	Vegetable Fingers with New Potatoes and Broccoli Cheese
	Gluten free	Option 1	Option 1 - Gluten Free Fusilli Pasta & Gluten Free Bread	Option 1 – Gluten Free Sausage	Option 1	Option 1 - Gluten Free Fish Fingers
	Dairy Soya	Option 1	Option 1	Option 1 – Dairy Free Mashed Potato	Option 1 – No Cheese	Option 1 - Broccoli
	Dessert	Cheese and Digestive Biscuits	Fresh Fruit Salad	Fresh Natural Strawberry Yoghurt	Fruit	Flapjack
	Gluten free	Gluten Free Biscuits	Same	Same	Same	Free from Oat Biscuit
	Dairy Soya	Dairy Free Cheese	Same	Strawberry Jelly	Same	Free from Oat Biscuit
Week 2 07.01.2019 04.02.2019 04.03.2019 01.04.2019	Option 1	Jacket Potato with Tuna Mayonnaise and Cucumber Sticks	Chicken a la King with Rice and Peas	Beef Lasagne with Sweetcorn and Crusty Bread	Sage and Onion Sausage Meat Square with Roast Potatoes, Mixed Vegetables (Swede, Peas and Cauliflower) and Gravy	Cheese and Ham Pizza Herb Diced with Potatoes and Carrot Sticks
	Option 2	Jacket Potato with Baked Beans and Cheddar Cheese	Vegetable a la King with Rice and Peas	Mediterranean Vegetable Lasagne with Sweetcorn and Crusty Bread	Sage and Onion Square with Roast Potatoes, Mixed Vegetables (Swede, Peas and Cauliflower) and Gravy	Cheese and Tomato Pizza with Herb Diced Potatoes and Carrot Sticks
	Gluten free	Option 1	Option 1 – Tomato Sauce	Option 1 - Gluten Free Penne Pasta & Gluten Free Bread	Option 1 – Gluten Free Sausage	Option 1 – Free from Pizza Base
	Dairy Soya	Option 1	Option 1 – Tomato Sauce	Option 1 – Dairy Free Cheese	Option 1	Option 1 – Dairy Free Cheese
	Dessert	Melon Wedges	Marmalade Cake	Fresh Fruit Salad	Fresh Natural Vanilla and Peach Yoghurt	Fresh Fruit
	Gluten free	Same	Free from Vanilla Cake	Same	Same	Same
	Dairy Soya	Same	Free from Vanilla Cake	Same	Fruit	Same

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Week 3 14.01.2019 11.02.2019 11.03.2019 08.04.2019	Option 1	Mexican Beef Chilli, Rice and Sweetcorn	Homemade Beef & Beetroot Burger in Wholemeal Polar Bread with Herb Diced Potatoes & Cucumber Sticks with Ketchup	Roast Chicken Breast with Roast Potatoes, Mixed Vegetables (Swede, Carrots and Peas) and Gravy	Jacket Potato with Tuna Mayonnaise and Sweetcorn	MSC* White Fish Nuggets with Potato Wedges and Peas *Marine Stewardship Council
	Option2	Mexican Bean Chilli, Rice and Sweetcorn	Vegetable Burger in Wholemeal Polar Bread with Herb Diced Potatoes & Cucumber Sticks with Ketchup	Cauliflower Cheese Grill with Roast Potatoes, Mixed Vegetables (Swede, Carrots and Peas) and Gravy	Jacket Potato with Baked Beans and Cheddar Cheese	Vegetable Nuggets with Potato Wedges and Peas
	Gluten free	Option 1	Option 1 – Gluten Free Bread	Option 1	Option 1	Option 1 - Gluten Free Fish Fingers
	Dairy Soya	Option 1	Option 1	Option 1	Option 1	Same
	Dessert	Fresh Natural Raspberry Yoghurt	Fresh Fruit Salad	Strawberry Jelly	Apple and Oat Crumble with Custard	Cheese and Digestive Biscuits
	Gluten free	Same	Same	Same	Apples with Custard	Gluten Free Biscuits
	Dairy Soya	Fruit	Same	Same	Apple Crumble	Dairy Free Cheese
Week 4 21.01.2019 18.02.2019 18.03.2019 15.04.2019	Option1	Sausage Rolls with Herb Diced Potato and Baked Beans	Roast Gammon, Roast Potatoes with Mixed Vegetables (Swede, Peas, Cauliflower) and Gravy	Creamy Chicken and Carrot Tikka Masala with Rice and Peas	Moroccan Lamb and Vegetable Tagine with Couscous and Green Beans	Breaded Salmon Fillet with Broccoli Pesto Fusilli Pasta and Carrots
	Option 2	Cheese and Onion Rolls with Herb Diced Potato and Baked Beans	Vegetable Sausage, Roast Potatoes with Mixed Vegetables (Swede, Peas, Cauliflower) and Gravy	Creamy Vegetable Tikka Masala with Rice and Peas	Moroccan Butternut Squash and Sweet Potato Tagine with Couscous and Green Beans	Courgette & Sweetcorn Fritter with Broccoli Pesto Fusilli Pasta and Carrots
	Gluten free	Option 1 – Gluten free Sausage Rolls	Option 1	Option 1	Option 1 - Rice	Option 1 – Gluten Free Penne Pasta
	Dairy Soya	Option 1 – Dairy Free Pastry	Option 1	Option 1 – Dairy Free Curry	Option 1	Option 1 – Dairy Free Pesto
	Dessert	Vanilla Ice Cream and Wafer	Fresh Natural Mango Yoghurt	Fresh Fruit Salad	Fresh Fruit	Melon Wedges
	Gluten free	No Wafer	Same	Same	Same	Same
	Dairy Soya	Strawberry Jelly	Fruit	Same	Same	Same