

The Heights Lunch Menu April 2019



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 22.04.2019 20.05.2019 17.06.2019 15.07.2019	Option 1	Meatballs with Tomato Sauce, Fusilli Pasta and Peas	Cheese and Ham Pizza with Herb Diced Potatoes and Carrot Sticks	Roast Chicken Breast with Roast Potatoes, Mixed Vegetables (Swede, Carrots and Peas) and Gravy	Moroccan Lamb and Vegetable Tagine with Couscous and Green Beans	Tuna, Cheese and Sweetcorn Potato Boat with Baked Beans
	Option 2	Falafels with Tomato Sauce, Fusilli Pasta and Peas	Cheese and Tomato Pizza with Herb Diced Potatoes and Carrot Sticks	Cauliflower Cheese Grill with Roast Potatoes, Mixed Vegetables (Swede, Carrots and Peas) and Gravy	Moroccan Butternut Squash and Sweet Potato Tagine with Couscous and Green Beans	Cheese, Sweetcorn and Spring Onion Potato Boat with Baked Beans
	Gluten free	Option 1 or 2 with Gluten Free Penne Pasta	Option 1 or 2 with Gluten Free Pizza Base	Option 1 with Gluten Free Gravy	Option 1 or 2 with Rice	Option 1 or 2
	Dairy Soya	Option 1 or 2	Option 1 or 2 with Vegan Cheese	Option 1	Option 1 or 2	Option 1 or 2 with Vegan Cheese
	Dessert	Fresh Natural Raspberry Yoghurt	Strawberry Jelly	Fresh Fruit Salad	Fruit	Banana Cake
	Gluten free	Same	Same	Same	Same	Free from Vanilla Cake
	Dairy Soya	Fruit	Same	Same	Same	Free from Vanilla Cake
Week 2 29.04.2019 27.05.2019 24.06.2019 22.07.2019	Option 1	Butcher's Pork Sausages with Mashed Potato, Mixed Vegetables (Swede, Peas and Cauliflower) & Gravy	Chicken Casserole with a Cheesy Potato Crust and Peas	Mexican Beef Chilli, Rice and Sweetcorn	Jacket Potato with Tuna Mayonnaise and Cucumber Sticks	MSC* Salmon Fish Fingers with Broccoli Pesto Spiral Pasta and Ratatouille
	Option 2	Vegetable Sausages with Mashed Potato, Mixed Vegetables (Swede, Peas and Cauliflower) & Gravy	Vegetable Casserole with a Cheesy Potato Crust and Peas	Mexican Bean Chilli, Rice and Sweetcorn	Jacket Potato with Baked Beans and Cheddar Cheese	Vegetable Fingers with Broccoli Pesto Spiral Pasta and Ratatouille
	Gluten free	Option 1 or 2 with Gluten Free Sausages	Option 1 or 2	Option 1 or 2	Option 1 or 2	Option 1 or 2 with Gluten Free Fish Fingers & Fusilli Pasta
	Dairy Soya	Option 1 or 2 with Dairy Free Potato	Option 1 or 2 - No Cheese	Option 1 or 2	Option 1 or 2 with Vegan Cheese	Option 1 or 2 with Dairy Free Pesto
	Dessert	Melon Wedge	Fresh Fruit Salad	Fresh Natural Vanilla and Peach Yoghurt	Orange Jelly	Butter Flapjack
	Gluten free	Same	Same	Same	Same	Free from Oat Biscuit
	Dairy Soya	Same	Same	Fruit	Same	Free from Oat Biscuit

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Week 3 06.05.2019 03.06.2019 01.07.2019	Option 1	Barbeque Chicken Breast with Tomato & Basil Rice and Sweetcorn Salad	Beef Lasagne with Cucumber Sticks and Crusty Bread	Cheese and Ham Pizza with Herb Diced Potato and Baked Beans	Sage and Onion Sausage Meat Square with Roast Potatoes, Mixed Vegetables (Swede, Peas and Carrots) and Gravy	MSC* White Fish Fingers with New Potatoes and Broccoli Cheese *Marine Stewardship Council
	Option2	Barbeque Cauliflower Florets with Tomato and Basil Rice and Sweetcorn Salad	Mediterranean Vegetable Lasagne with Cucumber Sticks and Crusty Bread	Cheese and Tomato Pizza with Herb Diced Potato and Baked Beans	Lentil, Sage and Onion Square with Roast Potatoes, Mixed Vegetables (Swede, Peas and Carrots) and Gravy	Vegetable Fingers with New Potatoes and Broccoli Cheese
	Gluten free	Option 1 or 2	Option 1 or 2 with Gluten Free Lasagne & Bread	Option 1 or 2 with Gluten Free Pizza Base	Option 1 or 2 with Gluten Free Sage and Onion/Sausage Meat Square	Option 1 – Gluten Free Fish Fingers
	Dairy Soya	Option 1 or 2	Option 1 or 2 with Dairy Free Lasagne	Option 1 or 2 with Vegan Cheese	Option 1 or 2	Option 1 or 2 with No Cheese
	Dessert	Cheddar Cheese & Cream Crackers	Fresh Natural Strawberry Yoghurt	Pineapple Upside Down Cake	Fresh Fruit Salad	Fresh Fruit
	Gluten free	Gluten Free Biscuits	Same	Free from Vanilla Cake	Same	Same
	Dairy Soya	Dairy Free Cheese	Fruit	Free from Vanilla Cake	Same	Same
Week 4 13.05.2019 10.06.2019 08.07.2019	Option1	Jacket Potato with Tuna Mayonnaise and Sweetcorn	Meatballs with Tomato Sauce, Penne Pasta and Carrot Sticks	Creamy Chicken and Carrot Tikka Masala with Rice and Peas	Homemade Beef & Beetroot Burger in Wholemeal Polar Bread with Herb Diced Potatoes & Cucumber Sticks with Ketchup	MSC* Cod Fishcakes with Potato Wedges and Green Beans *Marine Stewardship Council
	Option 2	Jacket Potato with Baked Beans and Cheddar Cheese	Penne Pasta with Tomato Sauce, Cheese and Carrot Sticks	Creamy Vegetable Tikka Masala with Rice and Peas	Vegetable Burger in Wholemeal Polar Bread with Herb Diced Potatoes & Cucumber Sticks with Ketchup	Vegetable Grill with Potato Wedges and Green Beans
	Gluten free	Option 1 or 2	Option 1 or 2 with Gluten Free Fusilli Pasta	Option 1 or 2	Option 1 or 2 with Gluten Free Bread & Burger	Option 1 – Gluten Free Fish Fingers
	Dairy Soya	Option 1 or 2 with Vegan Cheese	Option 1 or 2 with Vegan Cheese	Option 1 or 2 with Dairy Free Curry	Option 1 or 2	Option 1 or 2
	Dessert	Vanilla Ice Cream and Wafer	Fresh Fruit Salad	Fresh Fruit	Fresh Natural Mango Yoghurt	Melon Wedges
	Gluten free	No Wafer	Same	Same	Same	Same
	Dairy Soya	Strawberry Jelly	Same	Same	Fruit	Same

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