

# The Heights Allergens Lunch Menu January 2021



		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b> 04.01.2021 01.02.2021 01.03.2021 29.03.2021	Option 1	Chicken a la King with Rice and Peas	Jacket Potato with Tuna Mayonnaise and Sweetcorn	Roast Chicken Breast with Roast Potatoes, Mixed Vegetables (Swede, Carrots and Cauliflower) and Gravy	Classic Beef Lasagne with Cucumber Sticks and Garlic Bread	MSC* Fish Fingers with Herb Diced Potatoes and Green Beans
	Option 2	Mushroom a la King with Rice and Peas	Jacket Potato with Baked Beans and Cheddar Cheese	Sweet Potato Falafels with Roast Potatoes, Mixed Vegetables (Swede, Carrots and Cauliflower) and Gravy	Mushroom Mince Lasagne with Cucumber Sticks and Garlic Bread	Vegetable Fingers with Herb Diced Potatoes and Green Beans
	Gluten free	Option 1 - Gluten Free Sauce	Option 1	Option 1	Option 1 - Gluten Free Lasagne & Garlic Bread	Option 1 - Gluten Free Fish Fingers
	Dairy Soya	Option 1 - Dairy Free Sauce	Option 1	Option 1	Option 1 - Vegan Cheese	Option 1
	Dessert	Cheddar Cheese and Cream Crackers	Bread & Butter Pudding	Fresh Natural Strawberry Yoghurt	Fresh Fruit Salad	Honeydew Melon Wedges
	Gluten free	Gluten Free Biscuit	Gluten Free Bread & Butter Pudding	Same	Same	Same
	Dairy Soya	Vegan Cheese	Dairy Free Bread & Butter Pudding	Jelly	Same	Same
<b>Week 2</b> 11.01.2021 08.02.2021 08.03.2021 05.04.2021	Option 1	Roast Gammon with Colcannon Potatoes, Carrots, Cauliflower and Gravy	Mexican Beef Chilli with Rice and Sweetcorn	Pepperoni Pizza with Herb Diced Potatoes and Baked Beans	Chicken and Vegetable Casserole with Roast Potatoes and Peas	MSC* Mackerel Cheese Sauce with Penne Pasta and Carrots  *Marine Stewardship Council
	Option 2	Sweet Potato Falafels with Colcannon Potatoes, Carrots, Cauliflower and Gravy	Mexican Mixed Bean Chilli with Rice and Sweetcorn	Cheese and Tomato Pizza with Herb Diced Potatoes and Baked Beans	Butter Bean and Vegetable Casserole with Roast Potatoes and Peas	Cherry Tomato Cheese Sauce with Penne Pasta and Carrots
	Gluten free	Option 1	Option 1	Option 1 - Gluten free Pizza	Option 1	Option 1 - Gluten Free Mac 'n' Cheese
	Dairy Soya	Option 1 - Dairy Free Colcannon Potato	Option 1	Option 1 - Vegan Cheese	Option 1	Option 1 - Dairy Free Mac 'n' Cheese
	Dessert	Fresh Natural Raspberry Yoghurt	Apple Crumble and Custard	Fresh Fruit Salad	Pineapple Sticks	Pancakes and Banana
	Gluten free	Same	Apples and Custard	Same	Same	Gluten Free Pancake
	Dairy Soya	Jelly	Apples & Dairy Free Custard	Same	Same	Dairy Free Pancake

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<b>Week 3</b> 18.01.2021 15.02.2021 15.03.2021 12.04.2021	Option 1	Jacket Potato with Tuna Mayonnaise and Cucumber Sticks	Butcher's Pork Sausage with Mashed Potatoes, Mixed Vegetables (Swede, Carrots and Peas) and Gravy	Mexican Beef and Bean Tortilla Bake with Rice and Sweetcorn	Paprika Pork Ragu with Penne Pasta, Green Beans and Garlic Bread	MSC* Cod and Pollock Fish Cakes with New Potatoes and Peas
	Option2	Jacket Potato with Baked Beans and Cheddar Cheese	Vegetable Sausages with Mashed Potatoes, Mixed Vegetables (Swede, Carrots and Peas) and Gravy	Mexican Bean and Vegetable Tortilla Bake with Rice and Sweetcorn	Paprika Roasted Cauliflower Sauce with Penne Pasta, Green Beans and Garlic Bread	Vegetable Fingers with New Potatoes and Peas
	Gluten free	Option 1	Option 1 - Gluten Free Sausage	Option 1 – Gluten Free Tortilla	Option 1 - Gluten Free Fusilli Pasta & Garlic Bread	Option 1 – Gluten Free Fish Fingers
	Dairy Soya	Option 1	Option 1 - Dairy Free Mashed Potato	Option 1 – Vegan Cheese	Option 1	Option 1 – Dairy Free Fishcakes
	Dessert	Butter Flapjack Triangle	Fresh Fruit Salad	Orange and Mango Jelly	Fresh Natural Vanilla and Peach Yoghurt	Pineapple Sticks
	Gluten free	Free from Flapjack	Same	Same	Same	Same
	Dairy Soya	Free from Flapjack	Same	Same	Jelly	Same
<b>Week 4</b> 25.01.2021 22.02.2021 22.03.2021	Option1	Homemade Beef Burger in a Wholemeal Bap with Potato Wedges and Yoghurt Coleslaw	Minced Lamb and Vegetable Shepherd's Pie with Green Beans	Chicken, Chick Pea and Butternut Squash Curry with Rice and Cauliflower	Ginger Beef Noodles with Green Beans, Red Peppers and Broccoli	Creamy Smoked Salmon and Pea Sauce with Penne Pasta and Sweetcorn
	Option 2	Homemade Bean Burger in a Wholemeal Bap with Potato Wedges and Yoghurt Coleslaw	Vegetable and Lentil Shepherd's Pie with Green Beans	Sweet Potato, Butternut Squash and Chick Pea Curry with Rice and Cauliflower	Ginger Mushroom Noodles with Green Beans, Red Peppers and Broccoli	Creamy Mushroom and Pea Sauce with Penne Pasta and Sweetcorn
	Gluten free	Option 1 – Gluten Free Roll	Option 1	Option 1 - Gluten Free Curry	Option 1 - with Rice	Option 1 - Gluten Free Sauce & Gluten Free Fusilli Pasta
	Dairy Soya	Option 1 - Vegan Coleslaw	Option 1 - Dairy Free Mashed Potato	Option 1 - Dairy Free Curry	Option 1 – with Rice and No Soy Sauce	Option 1 - Dairy Free Sauce and Vegan Cheese
	Dessert	Water Melon Wedges	Fresh Natural Mango Yoghurt	Fresh Fruit Salad	Peach Cobbler and Custard	Banana or Apple
	Gluten free	Same	Same	Same	Peaches and Custard	Same
	Dairy Soya	Same	Jelly	Same	Peaches & Dairy Free Custard	Same