

Heights LUNCH MENU



Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

19.04.2021
17.05.2021
14.06.2021
12.07.2021
09.08.2021

Creamy Chicken and Sweetcorn
Penne Pasta Bake and Peas

Creamy Mushroom and Sweetcorn
Sauce with Penne Pasta and Peas

Raspberry Ripple Ice Cream
Sponge Roll

Jacket Potato with Tuna Mayonnaise
and Sweetcorn

Jacket Potato with Baked Beans* and
Cheddar Cheese

Tropical Fruit Salad

Roast Chicken Breast with Roast
Potatoes, Mixed Vegetables (Swede,
Carrots and Cauliflower) and Gravy

Sweet Potato Falafels with Roast
Potatoes, Mixed Vegetables (Swede,
Carrots and Cauliflower) and Gravy

Cheddar Cheese and Cream Crackers

Ginger Beef Noodles, Sugar Snap
Peas and Red Peppers with Broccoli

Ginger Mushroom Noodles, Sugar
Snap Peas and Red Peppers with
Broccoli

Fresh Natural Strawberry Yoghurt

MSC* Cod and Pollock Fish Cakes
with Potato Wedges and Green Beans

Vegetable Fingers with Potato Wedges
and Green Beans

Pineapple Sticks

Week 2

26.04.2021
24.05.2021
21.06.2021
19.07.2021
16.08.2021

Mexican Beef Chilli with Rice
and Sweetcorn

Mexican Mixed Bean Chilli with Rice
and Sweetcorn

Fresh Natural Raspberry Yoghurt

Pulled Shawarma Chicken with
Wholemeal Pitta Bread, Couscous,
Baby Gem & Cucumber Salad

Pulled Shawarma Jack Fruit with
Wholemeal Pitta Bread, Couscous,
Baby Gem & Cucumber Salad

Vanilla Ice-cream and Wafer

Pepperoni Pizza with Corn on the
Cob and Carrot Sticks

Cheese and Tomato Pizza with Corn
on the Cob and Carrot Sticks

Water Melon Wedges

Paprika Pork Ragu with Penne Pasta,
Green Beans and Garlic Bread

Mushroom Mince Ragu with Penne
Pasta, Green Beans and Garlic Bread

Fresh Fruit Salad

MSC* Wholemeal Breadcrd Cod with
New Potatoes and Crushed Peas

Vegetable Burger with New Potatoes
and Crushed Peas

Banana

Week 3

03.05.2021
31.05.2021
28.06.2021
26.07.2021
23.08.2021

Jacket Potato with Tuna Mayonnaise
and Cucumber Sticks

Jacket Potato with Baked Beans
and Cheddar Cheese

Butter Flapjack

Mexican Beef and Bean Tortilla Bake
with Tortilla Chips and Sweetcorn
Salsa

Mexican Bean and Vegetable Tortilla
Bake with Tortilla Chips and
Sweetcorn Salsa

Honeydew Melon Wedges

Chicken, Chickpea and Butternut
Squash Curry with Rice and Broccoli

Sweet Potato, Butternut Squash
and Chickpea Curry with Rice and
Broccoli

Fresh Natural Vanilla and Peach
Yoghurt

Pulled Pork Mac 'n' Cheese with
Cherry Tomatoes and Garlic Bread

Mac 'n' Cheese with Cherry
Tomatoes and Garlic Bread

Orange and Mango Jelly

MSC* Pollock Fish Fingers with
Mashed Potatoes and Sliced Carrots

Vegetable Fingers with Mashed Potatoes
and Sliced Carrots

Tropical Fruit Salad

Week 4

10.05.2021
07.06.2021
05.07.2021
02.08.2021
30.08.2021

Barbeque Chicken with Potato Wedges
and Corn on the Cob

Barbeque Cauliflower with Potato
Wedges and Corn on the Cob

Cheddar Cheese and Cream Crackers

Butcher's Pork Sausage with
Roast Potatoes, Mixed Vegetables
(Swede, Carrots and Peas) and Gravy

Vegetable Sausage with Roast Potatoes,
Mixed Vegetables (Swede, Carrots
and Peas) and Gravy

Fresh Natural Mango Yoghurt

Tuna and Cheddar Cheese Potato
Boat with Baked Beans* and
Cucumber Sticks

Cheddar Cheese and Red Onion and
Potato Boat with Baked Beans* and
Cucumber Sticks

Fresh Fruit Salad

Beef Penne Lasagne with Carrot
Sticks and Garlic Bread

Mushroom Mince Penne Lasagne
with Carrot Sticks and Garlic Bread

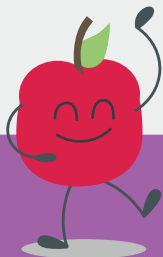
Pineapple Sticks

MSC* Smoked Haddock and Free-Range
Egg Kedgerree with Sweetcorn

Pea, Red Pepper and Free-Range Egg
Kedgerree with Sweetcorn

Apple

All Our Dairy
Products are Red
Tractor Assured*
Subject to availability

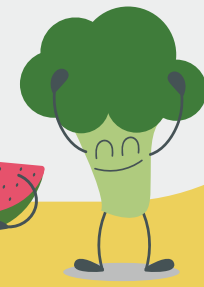
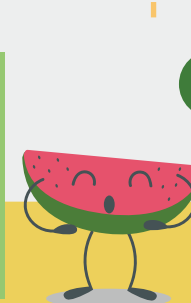


*MSC - Approved
by the Marine
Stewardship Council

CRUMBS

FOOD CO

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Reduced Salt
and Sugar

Bread and Fresh Salad is available every day