

The Heights Primary School Autumn Menu 2021

Monday

Tuesday

Wednesday

Thursday

Friday

Week One

30/08/2021

20/09/2021

11/10/2021

08/11/2021

29/11/2021

Option 1	Vegetable and Bean Fajitas with 50/50 Rice 	Beef Burger with Potato Wedges	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread 	MSC Fish Fingers/ Salmon Fish Fingers with Chips and Tomato Sauce
Option 2	Macaroni Cheese	Vegan Sausage Hot Dog with Potato Wedges 	Vegetable Wellington with Roast Potatoes and Gravy 	Tomato and Lentil Pasta with Garlic Bread 	Homily Pie (Potato, Spinach & Cheese Tart) with Chips
Vegetables	Green Beans Carrots	Coleslaw Sweet Corn	Cauliflower Broccoli	Roasted Mixed Vegetables	Baked Beans Garden Peas
Dessert	Sticky Toffee Apple Crumble with Custard 	Mandarin Jelly 	Fruit and Yoghurt Station	Oaty Cookie 	Apple, Cheese and Biscuits

Week Two


06/09/2021

27/09/2021

18/10/2021

15/11/2021

06/12/2021

Option 1	Cheese and Tomato Pizza with New Potatoes 	Macaroni Beef Pasta Bake	Roast Turkey with Roast Potatoes and Gravy 	Hearty Chicken Casserole with Rice 	MSC Breaded Fish with Chips and Tomato Sauce
Option 2	Vegetable Tagine with Couscous 	Roasted Cauliflower Curry with Rice 	Roasted Quorn with Roast Potatoes and Gravy	Vegetarian Lasagne	Mexican Bean Roll with Chips 
Vegetables	Green Beans Cauliflower	Peppers Garden Peas	Cabbage Carrots	Sweet Corn Broccoli	Baked Beans Garden Peas
Dessert	Pear Crumble with Custard 	Vanilla Shortbread 	Fruit and Yoghurt Station	Peach Upside Down Cake	Apple Flapjack 

Week Three

13/09/2021

04/10/2021

01/11/2021

22/11/2021

13/12/2021




Option 1	Vegetarian Tortilla Stack with Rice 	Cottage Pie (Beef) With Gravy	Roast Beef with Roast Potatoes and Gravy	Chicken, Lentil and Gravy Pie with Mashed Potatoes 	MSC Fish in Batter with Chips and Tomato Sauce
Option 2	Vegan Meatballs in Tomato Sauce with Rice 	Shepherdess Pie with Gravy 	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Wholemeal Vegetable Pasta Bake 	BBQ Quorn with Chips
Vegetables	Broccoli Sweet Corn	Garden Peas Carrots	Carrot and Swede Mash	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	Fresh Fruit Salad	Carrot and Courgette Cake	Fruit and Yoghurt Station	Eves Pudding and Custard	Pinwheel Cookie

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:

If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

-  Added Plant Power
-  Vegan
-  Wholemeal