

**The Heights Menu up till Feb 2022**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>Week One</b> 03/01/2022 24/01/2022 14/02/2022	Option 1	Vegetable and Bean Fajitas with 50/50 Rice	BBQ Chicken with Rice	Roast Chicken with Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC 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	Sweet and sour Noodles	Homity Pie (Potato , Spinach and cheese tart)
	Vegetables	Green Beans Carrots	Coleslaw Sweet Corn	Cauliflower Broccoli	Roasted Mixed vegetables	Baked Beans Peas
	Dessert	Sticky Toffee Apple Crumble with Custard	Mandarin Jelly	Fruit and Yoghurt	Oaty Cookie	Apple, Cheese and Biscuits

<b>Week Two</b> 10/01/2022 31/01/2022	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	Cheese and Bean Pasty with Chips
	Vegetables	Green Beans Cauliflower	Peppers Garden Peas	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Peas
	Dessert	Pear Crumble and Custard	Vanilla Shortbread	Fruit and Yoghurt	Peach upside down cake	Apple Flapjack

<b>Week Three</b> 17/01/2022 07/02/2022	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 Peas
	Dessert	Fresh Fruit Salad	Carrot and Courgette Cake	Fruit and Yoghurt	Eves Pudding and Custard	Pinwheel Cookie

**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.