


















**The Heights Spring/ Summer Menu 2022**

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Chef's Special

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> WC 28/02/22 WC 21/03/22 WC 25/04/22 WC 16/05/22 WC 13/06/22 WC 04/07/22 WC 29/08/22 WC 19/09/22 WC 10/10/22	Option 1 Tomato & Vegetable Pasta 	Jerk Chicken with Rice 	Roast Chicken, Roast Potatoes & Gravy	Chinese Chicken and lentil Curry with Rice  	Breaded Fish with Chips & Tomato Sauce
	Option 2 Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice  	Vegetable and lentil Wellington with Roast Potatoes & Gravy 	Sweet & Sour Noodles	Vegan Mexican Roll with Chips & Tomato Sauce 
	Vegetables Cucumber Rainbow Slaw	Sweetcorn Mixed Peppers	Cabbage Broccoli	Green Beans Carrots	Peas Baked Beans
	Dessert Carrot & Courgette Cake with Custard	Apple & Raisin Flapjack  	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie 	Peaches & Ice Cream
	Or a choice of Yoghurt & Fresh Fruit available daily				

<b>Week 2</b> WC 07/03/22 WC 28/03/22 WC 02/05/22 WC 23/05/22 WC 20/06/22 WC 11/07/22 WC 05/09/22 WC 26/09/22 WC 17/10/22	Option 1 Macaroni Cheese	Beef Bolognese with lentils with Spaghetti 	Roast Turkey, Roast Potatoes, & Gravy	Chef James Chicken Jollof Rice 	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option 2 Vegetable and lentil Curry with Rice  	Vegan Spaghetti Bolognese 	Roast Quorn, Roast Potatoes, Stuffing, & Gravy 	Vegan Burger in a Bun with Wedges & Tomato Sauce 	Cheese & Bean Pasty with Chips
	Vegetables Sweetcorn Cauliflower	Mixed Peppers Green Beans	Carrots Peas	Broccoli Sweetcorn	Peas Baked Beans
	Dessert Apple & Berry Crumble with Ice Cream 	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers
	Or a choice of Yoghurt & Fresh Fruit available daily				

<b>Week 3</b> WC 14/03/22 WC 04/04/22 WC 09/05/22 WC 06/06/22 WC 27/06/22 WC 18/07/22 WC 12/09/22 WC 03/10/22	Option 1 Falafel with Lemon & Herb Couscous 	Chicken Fajitas with Rice  	Roast Chicken, Roast Potatoes & Gravy	Pork Sausage Hot Dog with Potato Wedges	Fish in Batter with Chips & Tomato Sauce
	Option 2 Cheese & Tomato Pizza 	Vegetable Enchiladas with Rice 	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 	Vegan Sausage Hot Dog with Potato Wedges 	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables Green Beans Carrot & Beetroot Slaw	Coleslaw Sweetcorn	Carrot Broccoli	Sweetcorn Tomato Salsa	Peas Baked Beans
	Dessert Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins	Fresh Fruit & Yoghurt Station	Pineapple Loaf with Custard	Chocolate Shortbread 
	Or a choice of Yoghurt & Fresh Fruit available daily				

**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 you would like to know about particular allergens in foods 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. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.