

The Heights Primary School Week 2

Weekly menu



Monday

Italian Style Tomato & Basil Pasta with Cheese

Sweet Potato & Chickpea Korma with Rice

Jacket Potato with Baked Beans & Cheese

Tomato & Basil Bread

Glazed Carrots & Green Beans

Marbled Sponge Cake & Custard

Tuesday

Thai Style Salmon Fishcake with Potato Wedges

Macaroni Cheese with Garlic Bread

Jacket Potato with any two of Baked Beans, Cheese or Tuna Mayonnaise

Wholemeal/White Bread

Broccoli & Sweetcorn

Fruit Yoghurt with Fresh Fruit Slices

Wednesday

Chicken Tikka Masala with Pilau Rice & Naan Style Bread

Baked Onion Bhajis with Red Bean Dhal, Pilau Rice & Naan Style Bread

Jacket Potato with any two of Baked Beans, Cheese or Tuna Mayonnaise

Naan Style Bread

Spiced Cauliflower & Peas

Carrot & Orange Cake with Custard

Thursday

Cottage Pie with Thyme Gravy

Wholemeal Cheddar Cheese & Spinach Quiche with Herby New Potatoes

Jacket Potato with any two of Baked Beans, Cheese or Tuna Mayonnaise

Tomato & Herb Bread

Vegetable Medley

Ice Cream with Fresh Fruit Wedges

Friday

Battered Fish & Chips with Tomato Sauce

Chilli Bean Fajita with Chips & Tomato Sauce

Jacket Potato with any two Baked Beans, Cheese or Tuna Mayonnaise

Wholemeal/White Bread

Peas & Baked Beans

Apple Flapjack with Custard

Available daily

Freshly Prepared Salad Selection

Weeks Commencing - 9th September, 30th September, 21st October, 11th November, 2nd December.