

# The Heights Primary School

## Weekly menu

WEEK ONE W/C :



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Macaroni Cheese With Chefs salad  
(Wheat, Milk)

Beef Chilli in Soft Taco with Salsa & Rice (Wheat)

Pork Sausages with Mashed Potato & Thyme Gravy

Chicken Tikka Masala with Pilau Rice (Dairy)

Breaded Fish and Chips (Fish) (Wheat) with Tomato Sauce

Vegetable Biryani (V) with Apple & Mint Chutney

Vegetable Bean Chilli in Soft Taco with Salsa & Rice (V) (Wheat)

Vegetable Sausages with Mashed Potato & Thyme Gravy (V)

Chickpea & Spinach Korma with Pilau Rice (V)

Cornish Style Vegetable Pasty (Wheat) (V) and Chips with Tomato Sauce

Vegetable Biryani (V) with Apple & Mint Chutney  
(No 14 Allergens)

Beef Chilli & Rice  
(No 14 Allergens)

Pork Sausages with Mashed Potato & Thyme Gravy  
(No 14 Allergens)

Chicken Tikka Masala with Pilau Rice  
(No 14 Allergens)

Breaded Fish (Fish) (No Wheat) and Chips with Tomato Sauce

Jacket Potato (V) with Cheese (Milk) & Baked Beans

Jacket Potato (V) with Cheese (Milk) & Baked Beans or Tuna Mayo (Egg)

Jacket Potato (V) with Cheese (Milk) & Baked Beans or Tuna Mayo (Egg)

Jacket Potato (V) with Cheese (Milk) & Baked Beans or Tuna Mayo (Egg)

Jacket Potato (V) with Cheese (Milk) & Baked Beans or Tuna Mayo (Egg)

Carrots / Green Beans

Sweetcorn / Roasted Butternut Squash

Savoy Cabbage / Peas

Roast Courgettes / Green Beans

Peas / Baked Beans

Chocolate Sponge (Wheat, Egg, Milk) with Chocolate Sauce (Milk)

Lemon Shortbread with Fresh fruit Wedges (Wheat)

Apple Flapjack (Wheat) & Custard (Milk)

Jelly with Fresh Fruit Wedges

Lemon Sponge (Wheat, Egg, Milk) with Custard (Milk)

### Available daily

Please ask the catering manager for food allergen information

Available Daily, Bread, Salad Selection, Fruits and Yoghurt.....

### Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.