

# The Heights Primary School

## Weekly menu

WEEK TWO W/C :



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Tomato & Basil Pasta (V)  
(Wheat) Served with a  
Chefs Salad

BBQ Style Chicken with Rice

Beef Burger in a Roll (Wheat)  
with Potato Wedges

Beef Bolognese with Penne  
Pasta (Wheat)

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

Japanese Style Veg Curry (V)  
with Rice

Cheese (Dairy) & Leek Pastry  
Pinwheel (Wheat) with New  
Potatoes (V)

Red Pepper & Sweet Potato in a Roll  
(Wheat) with Potato Wedges (V)

Pesto Style Fusilli Pasta (Wheat)  
(V)

Wholemeal Cheese (Milk) (Wheat)  
and Tomato Quiche (V) and Chips  
with Tomato Sauce

Japanese Style Veg Curry (V)  
with Rice (No 14 Allergens)

BBQ Style Chicken with Rice  
(No 14 Allergens)

Beef Burger in a Homemade Roll  
with Oven Roast Potato Wedges  
(No 14 Allergens)

Beef Bolognese with Penne  
Pasta (NO GLUTEN)  
(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 / Peas

Broccoli / Sweetcorn

Green Beans / Crunchy Coleslaw

Carrots / Sweetcorn

Peas / Baked Beans

Berry Swirl Sponge  
(Wheat, Egg, Milk) with  
Custard (Milk)

Oat Cookie (Wheat) with Fresh  
Fruit Salad Wedges

Ice Cream (Milk) with Fruit Slices

Orange Cake (Wheat, Egg, Milk)  
With Custard

Lemon Shortbread (Wheat) with  
Fresh Fruit Slices

### 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.