

The Heights Primary School

Weekly menu

WEEK THREE W/C :



Monday

Margherita Pizza (**Wheat**) (**Dairy**) with a Rainbow Ribbon Salad & Potato Wedges

Oriental Style Vegetable Stir Fry (**Soya**) (V) with Noodles

Oriental Style Vegetable Stir Fry (NO SOYA) (V) with Rice (No 14 Allergens)

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

Squash / Sweetcorn

Apple Flapjack (**Wheat**)

Tuesday

Chicken & Vegetable Casserole with New Potatoes

Lentil and Sweet Pepper Lasagne (**Wheat**) (**Dairy**) with New Potatoes (V)

Chicken & Vegetable Casserole with New Potatoes (No 14 Allergens)

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

Broccoli / Beans

Jelly with Fresh Fruit Wedges

Wednesday

Beef Keema (minced meat) with Rice

Spinach, Vegetable & Chickpea Dhansak with Rice (V)

Beef Keema (minced meat) with Rice (No 14 Allergens)

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

Cauliflower / Peas

Marble Cake (**Wheat**) (**Egg**) (**Milk**) with Custard (**Milk**)

Thursday

Creamy Salmon (**Fish**) and Broccoli Penne Pasta (**Wheat**)

Italian Style Tomato and Herb Sauce with Penne Pasta (**Wheat**) (V)

Salmon (**Fish**) and Broccoli Penne Pasta (NO GLUTEN)

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

Carrots / Roasted Courgettes

Ice Cream with Fresh Fruit Wedges

Friday

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

Sweet Potato, Spinach & Bean Empanadas (**Wheat**) (V) with Chips and Tomato Sauce

Margherita Pizza (NO GLUTEN) and Chips with Tomato Sauce (No 14 Allergens)

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

Peas / Baked Beans

Chocolate & Orange Sponge (**Wheat**) (**Egg**) (**Milk**) with Choc Sauce (**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.