

The Heights Primary School

Weekly menu

WEEK ONE W/C : 21st April, 12th May, 2nd June, 23rd June, 14th July



Monday

Macaroni Cheese With
Chefs salad
(Wheat, Milk)

Vegetable Biryani (V) with
Apple & Mint Chutney

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

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

Carrots / Green Beans

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

Tuesday

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

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

Beef Chilli & Rice
(No 14 Allergens)

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

Sweetcorn / Roasted Butternut
Squash

Lemon Shortbread with Fresh fruit
Wedges
(Wheat)

Wednesday

Pork Sausages (sulphites) with
Mashed Potato & Thyme Gravy

Vegetable Sausages with Mashed
Potato & Thyme Gravy (V)

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

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

Savoy Cabbage / Peas

Apple Flapjack (Wheat) & Custard
(Milk)

Thursday

Chicken Tikka Masala (Dairy) with
Pilau Rice

Chickpea & Spinach Korma with
Pilau Rice (V)

Chicken Tikka Masala with Pilau
Rice
(No 14 Allergens)

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

Roast Courgettes / Green Beans

Jelly with Fresh Fruit Wedges

Friday

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

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

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

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

Peas / Baked Beans

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.