

# The Heights Primary School

## Weekly menu

WEEK TWO W/C : 28<sup>th</sup> April, 19<sup>th</sup> May, 9<sup>th</sup> June, 30<sup>th</sup> June, 21<sup>st</sup> July



### Monday

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

Japanese Style Veg Curry (V)  
with Rice

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

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

Carrots / Peas

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

### Tuesday

BBQ Style Chicken with Rice

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

BBQ Style Chicken with Rice  
(No 14 Allergens)

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

Broccoli / Sweetcorn

Oat Cookie (Wheat) with Fresh  
Fruit Salad Wedges

### Wednesday

Beef Burger(soya, wheat, sulphites)  
in a Roll (Wheat, sesame)  
with Potato Wedges

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

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

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

Green Beans / Crunchy Coleslaw

Ice Cream (Milk) with Fruit Slices

### Thursday

Beef Bolognese with Penne Pasta  
(Wheat)

Pesto Style Fusilli Pasta (Wheat)  
(V)

Beef Bolognese with Penne Pasta  
(NO GLUTEN)  
(No 14 Allergens)

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

Carrots / Sweetcorn

Orange Cake (Wheat, Egg, Milk)  
With Custard

### Friday

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

Wholemeal Cheese (Milk) (Wheat)  
and Tomato Quiche (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 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.