

# The Heights Primary School

## Weekly menu

WEEK THREE W/C : 5<sup>th</sup> May, 26<sup>th</sup> May, 16<sup>th</sup> June, 7<sup>th</sup> July



### Monday

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

### Tuesday

Chicken & Vegetable Casserole  
with New Potatoes

### Wednesday

Beef Keema (minced meat) with Rice

### Thursday

Creamy Salmon (Fish, milk)  
and Broccoli Penne Pasta  
(Wheat)

### Friday

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

Oriental Style Vegetable Stir  
Fry (Soya) (V) with Noodles  
(Wheat, Egg)

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

Spinach, Vegetable & Chickpea  
Dhansak with Rice (V)

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

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

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

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

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

Salmon (Fish) and Tomato &  
Broccoli Penne Pasta (NO  
GLUTEN)

Breaded Fish Fingers (Fish, No  
Gluten) with Chips & Tomato Sauce  
(No 14 Allergens)

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

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

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

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

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

Squash / Sweetcorn

Broccoli / Beans

Cauliflower / Peas

Carrots / Roasted Courgettes

Peas / Baked Beans

Apple Flapjack  
(Wheat)

Jelly with Fresh Fruit Wedges

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

Ice Cream with Fresh Fruit  
Wedges

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.