

The Heights Lunch Menu – Autumn/Winter (Meat Free Monday) Week 1

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Butternut Squash & Vegetable Lasagne with Garlic Bread Milk, egg, soyabean, wheat	Piri Piri Chicken (diced) with Sweetcorn Rice & Lemon & Herb Dressing	Pork Sausages with Mashed Potato & Onion Gravy	Beef Penne Pasta wheat Served with Cheese milk	Battered Fish wheat, fish with Chips & Tomato Sauce
Indian Style Vegetable & Chickpea Biryani	Red Pepper & Sweet Potato Pattie with Sweetcorn Rice & Lemon & Herb Dressing	Vegetable Sausages with Mashed Potato & Onion Gravy	Tomato & Basil Penne Pasta wheat, with cheese topping milk	Cornish Style Vegetable Pasty (Gram Flour Pastry) with Chips & Tomato Sauce
Garlic & Herb Bread wheat, egg, milk, soybeans	Cheddar Cheese & Herb Bread wheat, egg, milk, soybeans	Wholemeal/White Bread wheat, egg, milk, soybeans	Freshly Made Garlic & Herb Focaccia wheat, egg, milk, soybeans	Freshly Made Carrot & Cumin Bread wheat, egg, milk, soybeans
Jacket Potato with Cheese milk & Baked Beans	Jacket Potato with any two of Tuna Mayonnaise Fish, Egg, Baked Beans & Cheese milk	Jacket Potato with any two of Tuna Mayonnaise Fish, Egg, Baked Beans & Cheese milk	Jacket Potato with any two of Tuna Mayonnaise Fish, Egg, Baked Beans & Cheese milk	Jacket Potato with any two of Tuna Mayonnaise Fish, Egg, Baked Beans & Cheese milk
Carrots & Peas	Savoy Cabbage Green Beans	Courgettes with Roast Tomato Carrots	Broccoli Herb Roasted Butternut	Peas Baked Beans
Apple Crumble wheat, with Custard milk	Chocolate Shortbread wheat with Orange Wedges	Berry Swirl Sponge Cake egg, wheat, milk & Custard milk	Strawberry Jelly with Fresh Fruit Wedges	Lemon Cake wheat, egg, milk with Custard milk

The Heights Lunch Menu – Autumn/Winter (Meat Free Monday) Week 2

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Italian Style Tomato & Basil Pasta wheat with Cheese milk	Thai Style Salmon Fishcake Fish with Potato Wedges	Chicken Tikka Masala wheat, milk with Pilau Rice, Naan Style Bread wheat, egg, milk, soybeans	Cottage Pie with Thyme Gravy	Battered Fish wheat, fish with Chips & Tomato Sauce
Sweet Potato & Chickpea Korma & Rice	Macaroni Cheese with garlic bread	Baked Onion Bhajis with Red Bean Dhal & Pilau Rice & Naan Style Bread, wheat, egg, milk & soyabean	Wholemeal Cheddar Cheese & Spinach Quiche wheat, egg, milk Served with Herby New Potatoes	Chilli Bean Fajita wheat in bread only with Chips & Tomato Sauce
Tomato & Basil Bread wheat, egg, milk, soybeans	Wholemeal/White Bread wheat, egg, milk, soybeans	Naan Style Bread wheat, egg, milk, soybeans	Tomato & Herb Bread wheat, egg, milk, soybeans	Wholemeal/White Bread wheat, egg, milk, soybeans
Jacket Potato with Baked Beans & Cheese milk	Jacket Potato with any two of Baked Beans, Cheese milk or Tuna Mayonnaise Fish, Eggs	Jacket Potato with any two of Baked Beans, Cheese milk or Tuna Mayonnaise Fish, Eggs	Jacket Potato with any two of Baked Beans, Cheese milk or Tuna Mayonnaise Fish, Eggs	Jacket Potato with any two of Baked Beans, Cheese milk or Tuna Mayonnaise Fish, Eggs
Glazed Carrots Green Beans	Broccoli Sweetcorn	Spiced Roast Cauliflower Peas	Vegetable Medley	Baked Beans Peas
Marbled Sponge wheat, egg, milk with Custard milk	Lemon Shortbread with Fresh Fruit Slices	Carrot & Orange Cake wheat, egg with Custard milk	Ice Cream milk with Fresh Fruit Wedges	Apple Flapjack Gluten with Custard milk

Primary Lunch Menu – Autumn/Winter (Meat Free Monday)
Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Margarita Pizza milk, wheat With Coleslaw Egg & Potato Wedges	BBQ Style Chicken (diced) wheat with Roast Potato Wedges & Fruity Coleslaw egg,	Mexican Style Soft Chilli Beef or Chilli Bean Soft Taco wheat with Toppings (Cheese milk , Salsa) with Mexican Style Rice	Chicken & Sweetcorn Pie wheat, milk with herby new potatoes	Battered Fish wheat, fish with Chips & Tomato Sauce
Oriental Style Stir Fried Vegetables Soya Wheat Served with Rice	Roasted Red Pepper & Herb Jambalaya celery, mustard	Mexican Style Bean Chilli in a Soft Taco wheat with Cheese milk , Salsa & Mexican Style Rice	Japanese Style Vegetable Curry with Rice	Butternut Squash Frittata Egg, Milk & Chips & Tomato Sauce
Garlic & Herb Bread wheat, egg, milk, soybeans	Tomato & Herb Focaccia wheat, egg, milk, soybeans	Carrot & Cumin Bread wheat, egg, milk, soybeans	Wholemeal/White Bread wheat, egg, milk, soybeans	Wholemeal/White Bread wheat, egg, milk, soybeans
Jacket Potato with Baked Beans & Cheese milk	Jacket Potato with any two of Baked Beans, Cheese milk or Tuna Mayonnaise Fish, Eggs	Jacket Potato with any two of Baked Beans, Cheese milk or Tuna Mayonnaise Fish, Eggs	Jacket Potato with any two of Baked Beans, Cheese milk or Tuna Mayonnaise Fish, Eggs	Jacket Potato with any two of Baked Beans, Cheese milk or Tuna Mayonnaise Fish, Eggs
Herb Roast Butternut Peas	Broccoli Carrots	Green Beans Sweetcorn	Thyme Roasted Carrots Savoy Cabbage	Peas Baked Beans
Parsnip & Apple Sponge wheat, egg, milk With Custard milk	Oatmeal Cookie wheat, egg with Orange Wedges	Chocolate Sponge wheat, egg, milk with Chocolate Sauce milk	Jelly with Fresh Fruit Wedges	Pear & Chocolate Crumble wheat with Custard milk