



Heath Winter Menu 25-26

Week 1	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Lunch 1	Cheese & Onion Roll Baked Beans Hash brown	Lamb Meatballs, Pasta Tomato Sauce	Roast Chicken Roast Potatoes Yorkies, Gravy	Mediterranean Chicken with Rice Flat Bread	KFC Crispy Chicken Burger Potato Croquettes Ketchup Sauce
Lunch 2	Cheese Broccoli Pasta Bake	Quorn Vegan Meatballs Pasta Tomato Sauce	Vegan Quorn Fillet with roast potatoes & Gravy	Oven Roasted Breaded Haddock, New Potatoes	Vegetarian burger Potato Croquettes Ketchup sauce
Lunch 3	Baked Potato Baked beans Cheese	Baked Potato Baked beans Cheese	Baked Potato Baked Beans Cheese	Baked Potato Baked Beans Cheese	Baked Potato Baked Beans Cheese
Side	Corn on Cob Baby Carrot	Carrot Peas	Green Beans Cauliflower	Mix Vegetables	Sweetcorn Carrot
Dessert	Pear, apple, plum or banana Yogurt	Watermelon Honeydew melon	Fruit Jelly Jam donut	Golden Syrup Flapjack Chocolate Muffin	Apple Crumble with Custard Raspberry Flavoured Iced Smoothie



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Week 2	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Lunch 1	Creamy Vegetables Lattice Roast New Potatoes	Beef Bolognaise served with Pasta & cheese	Sausage Dinner Roast Potato Yorkies Gravy	Paprika & Garlic Chicken-Classic South America Chicken with Rice Flat Bread	Oven roasted Cod, Potato Croquettes
Lunch 2	Quorn Nuggets Roast New Potatoes	Quorn Bolognaise served with Pasta & cheese	Vegetarian Sausage Roast potato Yorkie, Gravy	Plant Base Vegan Chicken Wings in Tomato Sauce Flat bread, Rice	Cauliflower Cheese Pasta Bake Salad
Lunch 3	Baked Potato Hoola Hoops Cheese	Baked Potato Hoola Hoops Cheese	Baked Potato Hoola Hoops Cheese	Baked Beans Hoola Hoops Cheese	Baked Potato Hoola Hoops Cheese
Side	Carrots Sweetcorn	Cauliflower Peas	Mix Vegetables	Green Beans Carrot	Corn on Cob Sweetcorn
Dessert	Chocolate Muffin Lemon Muffins	Yogurt American style Pancake with Golden Syrup	Cookie Flapjack	Watermelon Cantaloupe melon	Jam Sponge with Custard Mango & Orange Iced Smoothie



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Week 3	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Lunch 1	Pasta with Tomato & Pepper Sauce Garlic Bread	Penne Pasta with Beef Bolognaise Cheese	Roast Chicken Roast Potatoes Yorkie Gravy	Chicken Tikka Masala, Rice, Naan Bread	Classic Hot Dog with Potato Croquettes Ketchup
Lunch 2	Quorn Vegan Hot-Dog with Sauté Potatoes	Cheese & Onion Slice Baked Beans Potato Wedge	Quorn Dippers Roast Potatoes Gravy	Breaded Fish Stars New Potatoes	5' Tomato & Cheese Pizza Potato Croquettes
Lunch 3	Baked Potato Baked Beans Cheese	Baked Potato Baked Beans Cheese	Baked Potato Baked Beans Cheese	Baked Potato Baked Beans Cheese	Baked Potato Baked Beans Cheese
Vegetables Side	Carrots Sweetcorn	Cauliflower Peas	Broccoli Green Beans	Mix Vegetables	Peas Corn on Cob
Dessert	Lemon Cake Chocolate Cake	Flapjack Jam Donut	Watermelon Cantaloupe	Yogurt Raspberry Iced Smoothie	White Chocolate Chip Cookie Apple & Blueberry Crumble & Custard



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Week 1 Tue-Fri	1 – Tuna mayo sandwich 2 – Cheese sandwich				
Week 2 Tue-Fri	1 – Tuna mayo wrap 2 – Cheese sandwich				
Week 3 Tue-Fri	1 – Cheese sandwich 2 – Chicken sandwich				

Week 1 Mondays	1 – Onion Bhajis & salad sandwich 2 – Sliced Cheddar Cheese & iceberg lettuce sandwich				
Week 2 Mondays	1 – Grated cheese & salad sandwich 2 – Soft Cheese & cucumber sandwich				
Week 3 Mondays	1 – Grated cheese & salad sandwich 2 – Sweet Potato Falafel and cucumber wrap				