

HEPS Hot Lunch Menu Summer 2019

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| **WEEK 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| MAIN COURSE | Pork SausageswithMashed potatoes(G,S,M) | Beef Pasta Bolognaise(G) | Roast turkeywithRoast potatoes | Homemade MildChicken Curry with50/50 rice | Jumbo BatteredFish fingerwithChips(G,F,Mu,M) |
| VEGETARIAN | Quorn SausagePattiewithMashed potato(G,E,M) | Roasted Veg& LentilPasta(G) | Vegetable &Cheese bakewithRoast potatoes(G,M) | Mild SweetChickpea potatoCurry with 50/50 rice | Cheese &Potato pie(M) |
| VEGETABLES | Baked Beans | Sweetcorn | Mixed Vegetables | Green Beans | Peas |
| DESSERT | Blueberry MuffinOrFresh fruit(G,E,M) | HomemadeCookieOrFresh fruit(G) | Fruit jellyOrFresh fruit | Chocolate Sponge & SauceOrFresh fruit(G,E,M) | Ice–creamOrFresh fruit(M) |

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| **WEEK 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| MAIN COURSE | Macaroni cheese(M,G) | Beef Lasagne(G,M) | Roast chickenWithRoast potatoes | Cheese & hamPizzaWithHerby potatoes(G,M,S) | Fish fingersWithChips(G,F) |
| VEGETARIAN | Jacket potatoWithCheese(M) | VegetableLasagne(G,M) | Chickpea & lentilenchiladasWithRoast potatoes(G) | Vegetable pizzaWithHerby potatoes(G,M,S) | Cheese quicheWith chips(G,M,E) |
| VEGETABLES | Baked beans | MixedSalad | Peas/carrots | Sweetcorn | Whole-wheatSpaghetti hoops(G) |
| ­DESSERT | Apple FlapjackOrFresh fruit | Sponge of theDayOr Fresh fruit(G,E,M) | HomemadeShortbreadOrFresh Fruit(G) | Apple Crumble& CustardOrFresh fruit(G,M) | Ice–creamOrFresh fruit(M) |

G Contains Gluten, M Contains Milk, F Contains Fish, E Contains egg, C Contains Celery, S Contains Sulphites, Mu Contains Mustard, So Contains Soya.

Any questions please email lstacey2@educ.somerset.gov.uk

Fresh bread and water available with all the meals

To ensure quality of dishes it may be necessary on occasions to offer a suitable alternative to those shown on the menu.

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| **WEEK 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| MAIN COURSE | ChickenMeatballsIn a tomato sauce & pasta (G,E,S) | Cottage pie(M) | Roast porkWithRoast potatoes | Chicken & sweetcorn pieWithSaute potatoes(G,M) | Fish cakeWith chips(G,F,M,Mu) |
| ­­VEGETARIAN | Falafel ballsIn a Tomato sauce& pasta(G) | Vegetarian cottagePie(M) | Ratatouille andMixed bean crumbleWith roast potatoes | Cheese wheelsWithSaute potatoes(G,M) | Veggie fingersWithChips(G) |
| VEGETABLES | Sweetcorn | Green beans | BroccoliCarrots | Mixed veg | Peas |
| DESSERT | Mousse of the dayOrFresh fruit | Cocoa &Beetroot BrowniesOrFresh fruit(G,E) | StrawberryFruitIce smoothieOrFresh fruit | Sponge of the dayOrFresh fruit(G,E,M) | Ice-creamRollOrFresh fruit (G,E,S,M) |