

HEPS Hot Lunch Menu Summer 2019

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| **WEEK 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| MAIN COURSE | Pork Sausages  with  Mashed potatoes  (G,S,M) | Beef Pasta Bolognaise  (G) | Roast turkey  with  Roast potatoes | Homemade Mild  Chicken Curry with  50/50 rice | Jumbo Battered  Fish finger  with  Chips  (G,F,Mu,M) |
| VEGETARIAN | Quorn Sausage  Pattie  with  Mashed potato  (G,E,M) | Roasted Veg  & Lentil  Pasta  (G) | Vegetable &  Cheese bake  with  Roast potatoes  (G,M) | Mild Sweet  Chickpea potato  Curry with 50/50 rice | Cheese &  Potato pie  (M) |
| VEGETABLES | Baked Beans | Sweetcorn | Mixed Vegetables | Green Beans | Peas |
| DESSERT | Blueberry  Muffin  Or  Fresh fruit  (G,E,M) | Homemade  Cookie  Or  Fresh fruit  (G) | Fruit jelly  Or  Fresh fruit | Chocolate Sponge & Sauce  Or  Fresh fruit  (G,E,M) | Ice–cream  Or  Fresh fruit  (M) |

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| **WEEK 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| MAIN COURSE | Macaroni cheese  (M,G) | Beef  Lasagne  (G,M) | Roast chicken  With  Roast potatoes | Cheese & ham  Pizza  With  Herby potatoes  (G,M,S) | Fish fingers  With  Chips  (G,F) |
| VEGETARIAN | Jacket potato  With  Cheese  (M) | Vegetable  Lasagne  (G,M) | Chickpea & lentil  enchiladas  With  Roast potatoes  (G) | Vegetable pizza  With  Herby potatoes  (G,M,S) | Cheese quiche  With chips  (G,M,E) |
| VEGETABLES | Baked beans | Mixed  Salad | Peas/carrots | Sweetcorn | Whole-wheat  Spaghetti hoops  (G) |
| ­DESSERT | Apple Flapjack  Or  Fresh fruit | Sponge of the  Day  Or  Fresh fruit  (G,E,M) | Homemade  Shortbread  Or  Fresh Fruit  (G) | Apple Crumble  & Custard  Or  Fresh fruit  (G,M) | Ice–cream  Or  Fresh 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](mailto: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 | Chicken  Meatballs  In a tomato sauce & pasta  (G,E,S) | Cottage pie  (M) | Roast pork  With  Roast potatoes | Chicken & sweetcorn pie  With  Saute potatoes  (G,M) | Fish cake  With chips  (G,F,M,Mu) |
| ­­VEGETARIAN | Falafel balls  In a  Tomato sauce  & pasta  (G) | Vegetarian cottage  Pie  (M) | Ratatouille and  Mixed bean crumble  With roast potatoes | Cheese wheels  With  Saute potatoes  (G,M) | Veggie fingers  With  Chips  (G) |
| VEGETABLES | Sweetcorn | Green beans | Broccoli  Carrots | Mixed veg | Peas |
| DESSERT | Mousse of the day  Or  Fresh fruit | Cocoa &  Beetroot  Brownies  Or  Fresh fruit  (G,E) | Strawberry  Fruit  Ice smoothie  Or  Fresh fruit | Sponge of the day  Or  Fresh fruit  (G,E,M) | Ice-cream  Roll  Or  Fresh fruit (G,E,S,M) |