****HEPS Hot Lunch Menu Summer 2019 – 2ND HALF

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK 1** | **Circle** | **WEEK 2** | **Circle** | **WEEK 3** | **Circle** |
| **Monday** |  | **Monday** |  | **Monday** |  |
| Pork Sausages & Mash | 1 | Macaroni Cheese | 1 | Chicken Meatballs in a tomato sauce & pasta | 1 |
| Quorn Sausage Pattie & Mash | 2 | Jacket Potato with cheese | 2 | Falafel Balls in a tomato sauce & pasta | 2 |
| Blueberry Muffin | A | Apple Flapjack | A | Mousse of the Day | A |
| Fresh Fruit | B | Fresh Fruit | B | Fresh Fruit | B |
| **Tuesday** |  | **Tuesday** |  | **Tuesday** |  |
| Beef Pasta Bolognaise | 1 | Beef Lasagne | 1 | Cottage Pie | 1 |
| Roasted Veg & Lentil Pasta | 2 | Vegetable Lasagne | 2 | Vegetarian Cottage Pie | 2 |
| Homemade Cookie | A | Sponge of the Day | A | Cocoa & Beetroot Brownies | A |
| Fresh Fruit | B | Fresh Fruit | B | Fresh Fruit | B |
| **Wednesday** |  | **Wednesday** |  | **Wednesday** |  |
| Roast Turkey with roast potatoes | 1 | Roast Chicken with roast potatoes | 1 | Roast Pork with roast potatoes | 1 |
| Vegetable & Cheese bake with roast potatoes | 2 | Chickpea & Lentil Enchiladas with roast potatoes | 2 | Ratatouille & Mixed Bean Crumble with roast potatoes | 2 |
| Fruit Jelly | A | Homemade shortbread | A | Strawberry Fruit Ice Smoothie | A |
| Fresh Fruit | B | Fresh Fruit | B | Fresh Fruit | B |
| **Thursday** |  | **Thursday** |  | **Thursday** |  |
| Homemade Mild Chicken Curry with 50/50 rice | 1 | Cheese & Ham Pizza with herby potatoes | 1 | Chicken & Sweetcorn Pie with sauté potatoes | 1 |
| Mild Sweet Chickpea Potato Curry with 50/50 rice | 2 | Vegetable Pizza with herby potatoes | 2 | Cheese Wheels with sauté potatoes | 2 |
| Chocolate Sponge & Sauce | A | Apple Crumble & Custard | A | Sponge of the Day | A |
| Fresh Fruit | B | Fresh Fruit | B | Fresh Fruit | B |
| **Friday** |  | **Friday** |  | **Friday** |  |
| Jumbo Battered Fish Finger with chips | 1 | Fish Fingers with chips | 1 | Fish Cake with chips | 1 |
| Cheese & Potato Pie | 2 | Cheese Quiche with chips | 2 | Veggie Fingers with chips | 2 |
| Ice cream | A | Ice cream | A | Ice cream Roll | A |
| Fresh Fruit | B | Fresh Fruit | B | Fresh Fruit | B |

Vegetables will be provided with every meal. A bread product will be available daily. Allergens list on request from School Office**.**

**KEY STAGE 2 – YEARS 3, 4, 5 & 6 – PAID FOR MEALS**

**If your child is in one of the above year groups, and does not received Free School Meals, you can order and pay for meals on a weekly basis. Please see above the three week menu cycle for the 2nd half of the Summer Term 2019 for your information. Meals cost £2.50 each.**

Order forms can be found inside the School Hall entrance in the lobby in a leaflet holder on the wall. There is a black ‘post box’ next to it where you can leave your orders with payment.

**Orders need to be received by the TUESDAY MORNING for meals the FOLLOWING week.**

**Orders for the first week after the May Half Term (w/c 3 June 2019) need to be received by Tuesday, 21 May 2019 latest. Thank you.** If you have any queries or wish to pay termly in advance, please see Mrs Sams in the School Office or call 01458 250673.