****

HEPS LUNCH MENU 2020

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK 1** |  | **WEEK 2** |  | **WEEK 3** |  |
| **Monday** |  | **Monday** |  | **Monday** |  |
| Sausage Roll, mashed potato  | 1 | Homemade mild chicken curry with 50/50 rice | 1 | Chicken nuggets with mashed potato | 1 |
| Veggie Sausage Roll, mashed potato  | 2 | Sweet potato & chickpea korma with 50/50 rice  | 2 | Cheese and potato pie | 2 |
| Fruity flapjack | A | Flapjack | A | Mousse of the day | A |
| Fresh fruit/yogurt | B | Fresh fruit/yogurt | B | Fresh fruit/yogurt | B |
| **Tuesday** |  | **Tuesday** |  | **Tuesday** |  |
| Homemade mild chicken curry with 50/50 rice & sweetcorn | 1 | Beef lasagne | 1 | Mild chilli con carni with rice | 1 |
| Sweet potato & chickpea korma with 50/50 rice & sweetcorn | 2 | Vegetable lasagne | 2 | Mild Quorn chilli con carni with rice | 2 |
| Homemade cookie | A | Sponge of the day | A | Fruit cookie | A |
| Fresh fruit/yogurt | B | Fresh fruit/yogurt | B | Fresh fruit/yogurt | B |
| **Wednesday** |  | **Wednesday** |  | **Wednesday** |  |
| Roast chicken with roast potatoes & gravy | 1 | Roast turkey in gravy with roast potatoes | 1 | Roast chicken with roast potatoes & gravy | 1 |
| Vegetable & cheese bake with roast potatoes | 2 | Tomato & Bean wrap with roast potatoes | 2 | Ratatouille & mixed bean crumble with roast potatoes | 2 |
| Fruit jelly | A | Homemade shortbread | A | Homemade shortbread | A |
| Fresh fruit/yogurt | B | Fresh fruit/yogurt | B | Fresh fruit/yogurt | B |
| **Thursday** |  | **Thursday** |  | **Thursday** |  |
| Tuna pasta bake | 1 | Cheese & ham pizza with sauté potatoes | 1 | Sausage & Tomato Pasta Bake | 1 |
| Cheesy pasta | 2 | Margherita pizza with sauté potatoes | 2 | Cheesy Pasta | 2 |
| Chocolate sponge & sauce | A | Banana cake | A | Sponge of the day | A |
| Fresh fruit/yogurt | B | Fresh fruit/yogurt | B | Fresh fruit/yogurt | B |
| **Friday** |  | **Friday** |  | **Friday** |  |
| Hot dog sausage in a bun with chips | 1 | Fish with chips | 1 | Fish fingers with chips | 1 |
| Vegetarian Pizza with chips | 2 | Cheese quiche with chips | 2 | Veggie fingers with chips | 2 |
| Ice cream | A | Ice cream | A | Ice cream  | A |
| Fresh fruit/yogurt | B | Fresh fruit/yogurt | B | Fresh fruit/yogurt | B |

Vegetables will be provided with every meal. Allergens list on request from School Office & on display in hall lobby**.**

**School Meals Menu Weeks – 2020:**

**Week 1:**w/c; 7 Sept; 28 Sept; 19 Oct; 16 Nov; 14 Dec.

**Week 2:**w/c; 14 Sept; 5 Oct; 2 Nov; 23 Nov.

**Week 3:**w/c; 21 Sept; 12 Oct; 9 Nov; 7 Dec.