

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
THE MAIN EVENT	Sausage in gravy With new potatoes & gravy (S, SO, C)	Chicken Korma with 50/50 rice & naan bread (M,G)	Roast chicken with roast potatoes & gravy	Beef Lasagne with garlic bread (G, M)	Salmon fish fingers with chips (F,G)
MEAT FREE	Glamorgan veggie sausage with new potatoes & gravy (MU,G, M)	Mild Quorn Korma curry 50/50 rice & naan bread (M, G)	Cauliflower & broccoli cheese bake (M)	Vegetable Lasagne with garlic bread (G,M)	Vegetable Fingers with chips (G)
SIDES	Carrots & green beans	Peas	Mixed vegetables	Mixed salad	Baked beans
PUDDING	Flapjack or fresh fruit or yogurt (G, M)	Homemade cookie or fresh fruit or yogurt# (G, M)	Strawberry mousse or fresh fruit or yogurt (M)	Sweet waffles or fresh fruit or yogurt (M,G,So,E)	ice cream or fresh fruit or yogurt (M)

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
THE MAIN EVENT	Pizza Margherita with potato wedges (G, M)	Butter chicken with 50/50 rice & naan bread (G,M)	Toad in the hole with roast potatoes & Gravy (G,S,SO,E,C,M)	Pork meatballs in marinara sauce with penne pasta & grated cheese (G,M)	Chicken nuggets with BBQ dip & chips (G,C)
MEAT FREE	Pizza Margherita with potato wedges (G, M)	Butter Quorn with 50/50 rice & naan bread (G,M)	Veggie toad with roast potatoes & gravy (G, E, M,MU)	Tomato & cheese penne pasta (G,M)	Veggie nuggets with BBQ dip & chips (G)
SIDES	Sweetcorn	Peas	Mixed vegetables	Broccoli	sweetcorn
PUDDING	Flapjack Or fresh fruit or yogurt (G, M)	Egg free sponge of the day or Fruit or yogurt (M)	Chocolate brownie or fresh fruit or yogurt (G,M,E,SO)	Jelly & fruit cocktail or fresh fruit or yogurt (M)	Strawberry ice cream or fresh fruit or yogurt (M)

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
THE MAIN EVENT	Jacket potato with tuna mayo (E)	Black bean Chicken with 50/50 rice (SO,G)	Roast chicken with roast potatoes & gravy	Cheese & pepperoni Quesadillas with herby potatoes (G,M)	Beef burger With chips (So, G)
MEAT FREE	Jacket potato with cheese & beans (M)	Black bean vegetables with 50/50 rice (SO,G)	Quorn fillet with Roast potatoes & gravy (G)	Cheese & beans Quesadillas with herby potatoes (G,M)	Vegetable burger with chips (G)
SIDES	Sweetcorn	peas	Mixed vegetables	Mixed salad	Spaghetti hoops (G)
PUDDING	Flapjack Or fresh fruit or yogurt (G, M)	Homemade shortbread or fresh fruit or yogurt (G, M)	Egg free sponge of the day or fresh fruit or yogurt (G, M)	Pancakes with fruit compote or fresh fruit or yogurt (G,E,M)	Ice cream or fresh fruit or yogurt (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 dhill@hea.ac.com

To ensure food quality it may be necessary on occasions to offer a suitable alternative to those shown.