

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
THE MAIN EVENT	Sausage in gravy With new potatoes & gravy (S, C)	Chicken Korma with 50/50 rice & naan bread (M,G)	Roast chicken with roast potatoes & gravy	Beef bolognaise with pasta & grated cheese (G,M)	Cod fish fingers with chips (F,G)
MEAT FREE	Glamorgan vegetable sausage with new potatoes & gravy (MU, M, G)	Sweet potato, butternut & spinach curry with 50/50 rice & naan bread (G)	Cauliflower & broccoli cheese bake (M)	Tomato & vegetable sauce with pasta & grated cheese (G,M)	Vegetable fingers with chips (G)
SIDES	Mixed vegetables	Green beans	Sliced carrots	peas	Spaghetti hoops (G)
PUDDING	Apple flapjack or fresh fruit or yogurt (G, M)	Homemade fruit 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)	Chicken tikka curry With 50/50rice & naan bread (G,M)	Toad in the hole with roast potatoes & Gravy (G,S,E,C,M)	Chicken in a tomato & basil sauce with penne pasta (G)	Chicken nuggets with BBQ dip & chips (G,C)
MEAT FREE	Pizza Margherita with potato wedges (G, M)	Tikka Quorn with 50/50 rice & naan bread (G,M)	Quorn sausage toad with roast potatoes & gravy (G, E, M,)	Tomato & basil sauce penne pasta & grated cheese (G,M)	Veggie burger with BBQ dip & chips (G)
SIDES	Sweetcorn	Peas	Mixed vegetables	Broccoli	sweetcorn
PUDDING	Sultana flapjack Or fresh fruit or yogurt (G, M)	Egg free sponge or Fruit or yogurt (G,M)	Chocolate & beetroot 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 cheese & beans (M)	Chicken Korma with 50/50 rice & naan bread (M,G)	Roast chicken with roast potatoes & gravy	Spanish pork meatballs in smoky pepper, paprika & tomato sauce with pasta (G)	Beef burger in a bun With chips (So,G)
MEAT FREE	Jacket potato with cheese & beans (M)	vegetable korma with 50/50 rice & naan bread (M,G)	Quorn fillet with Roast potatoes & gravy (G)	Tomato & vegetable sauce with pasta & grated cheese (M,G)	Vegetable burger with chips (G)
SIDES	Sweetcorn	peas	Diced carrots & peas	Mixed salad	Baked beans
PUDDING	Flapjack Or fresh fruit or yogurt (G, M)	Homemade shortbread or fresh fruit or yogurt (G, M)	Egg free sponge or fresh fruit or yogurt (G,E, M)	Fruit cocktail or fresh fruit or yogurt (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.uk](mailto:dhill@hea.ac.uk)

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