

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
THE MAIN EVENT	Sausage roll With new potatoes & gravy (S, SO, G, M)	Chicken tikka masala with 50/50 rice & naan bread (G,M)	Roast chicken with roast potatoes & gravy	Chicken in a homemade tomato & veg sauce with pasta (G)	Salmon fish fingers with chips (F,G)
MEAT FREE	Vegan roll with new potatoes & gravy (M,G,SO)	Vegetable, chick pea & lentil curry with 50/50 rice & naan bread (G,M)	Cauliflower & broccoli cheese bake (M,G)	Tomato & vegetable sauce with pasta & grated cheese (G,M)	Vegetable burger with chips (G)
SIDES	Carrots & green beans	Peas	Mixed vegetables	Broccoli	Spaghetti hoops (G)
PUDDING	Fruit Flapjack or fresh fruit or yogurt (G, M)	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 Korma with 50/50 rice & naan bread (M,G)	Toad in the hole with roast potatoes & gravy (G,S,E,M)	Ham & cheese quesadillas with herby potatoes (M,G)	Chicken nuggets with BBQ dip & chips (G,C)
MEAT FREE	Pizza Margherita with potato wedges (G, M)	Sweet potato, butternut & lentil curry 50/50 rice & naan bread (M,G)	Quorn sausage toad with roast potatoes & gravy (G, E, M,)	Cheese & tomato quesadillas with herby potatoes (M,G)	Veggie nugget with BBQ dip & chips (G)
SIDES	Sweetcorn	Peas	Mixed vegetables	Broccoli	Baked beans
PUDDING	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)	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 tikka masala with 50/50 rice & naan bread (G,M)	Roast chicken with roast potatoes & gravy	Very mild beef chilli with 50/50 rice	Hot dog with tomato sauce & chips (S,C,G) May contain sesame
MEAT FREE	Jacket potato with cheese & beans (M)	Vegetable, chick pea & lentil curry with 50/50 rice & naan bread (G,M)	Quorn fillet with Roast potatoes & gravy (G)	Very mild mixed bean chilli with 50/50 rice	Quorn dog with tomato sauce & chips (G)May contain sesame
SIDES	Sweetcorn	peas	Carrots & green beans	Mixed vegetables	Baked beans
PUDDING	Fruit Flapjack or fresh fruit or yogurt (G, M)	Homemade shortbread or fresh fruit or yogurt	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

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

