

WEEK 1

Autumn / Winter 2017

HEATHFIELD SCHOOLS PARTNERSHIP



Week Commencing:

4th September

25th September

16th October

13th November

4th December

Option 1

Monday.
Free Range Chicken,
Tomato and Mixed
Pepper Bake served
with Steamed Rice

Tuesday.
Golden Fish Fingers
served with
Potato Wedges

Wednesday.
Roast Pork served
with Apple Sauce,
Roast Potatoes
and Gravy

Thursday.
Organic Beef
Bolognese served
with Spaghetti

Friday.
Beef Burger served
in a Bun with
Homemade Tomato
Sauce and Chips

Option 2 ^v Vegetarian

Shepherdess Pie ^v

Crispy Vegetable
Nuggets served with
Potato Wedges ^v

Cheddar and
Caramelised Red
Onion Quiche served
with Roast Potatoes ^v

Cherry Tomato and
Pesto Pasta ^v

Vegetable Burger
served in a Bun with
Homemade Tomato
Sauce and served
with Chips ^v

Option 3

Jacket Potato with
Grated Cheese, Tuna
Mayo, Baked Beans
or Coleslaw

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Grated Cheese,
Tuna Mayo, Baked
Beans or Coleslaw

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Vegetables

Sweetcorn
Stir-fried Cabbage
and Leeks

Broccoli
Baton Carrots

Garden Peas
Cauliflower

Sliced Carrots
Green Beans

Winter Slaw
Baked Beans

Dessert

Lemon Pudding
with Custard

Pear and
Ginger Crumble
with Custard

Strawberry Jelly

Vanilla Sponge
with Custard

Carrot Cake

We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.



WEEK 2

Autumn / Winter 2017

HEATHFIELD SCHOOLS PARTNERSHIP



Week Commencing:

11th September

2nd October

30th October

20th November

11th December

Option 1

Monday.
Organic Beef Lasagne served with a Garlic Slice

Tuesday.
Tandoori Chicken Thigh served with Naan Bread

Wednesday.
Roast Beef served with Yorkshire Pudding, Roast Potatoes and Gravy

Thursday.
Breaded Fish Fillet served with New Potatoes

Friday.
Hawaiian Pizza served with Chips

Option 2 V
Vegetarian

Monday.
Vegetarian Lasagne served with a Garlic Slice V

Tuesday.
Sweet Potato and Chick Pea Curry served with Steamed Rice V

Wednesday.
Cheese and Onion Puff served with Roast Potatoes V

Thursday.
Spanish Omelette with New Potatoes V

Friday.
Cheese and Tomato Pizza served with Chips V

Option 3

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw

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Vegetables

Tossed Salad

Baton Carrots
Sweetcorn

Braised Red Cabbage
Green Beans

Mixed
Vegetable Medley

Spaghetti Hoops
Garden Peas

Dessert

Apple and Cinnamon Pie with Custard

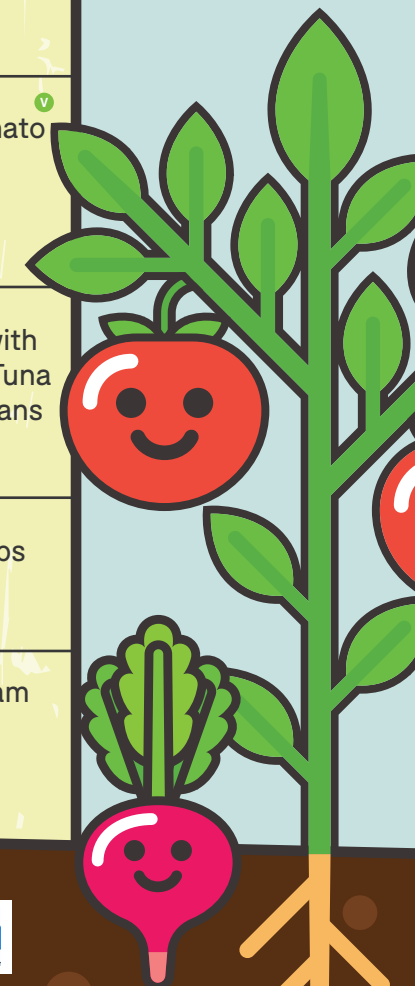
Jam Roly Poly with Custard

Frozen Yoghurt

Fruit Salad with Shortbread Finger

Vanilla Ice Cream

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WEEK 3

Autumn / Winter 2017

HEATHFIELD SCHOOLS PARTNERSHIP



Week Commencing:

18th September

9th October

6th November

27th November

18th December

Option 1

Monday.

Salmon Goujons served with Potato Wedges

Tuesday.

Chicken Stroganoff served with Steamed Rice

Wednesday.

Roast Free Range Chicken Thigh served with Stuffing, Roast Potatoes and Gravy

Thursday.

Minced Organic Beef and Onion Pie served with Sweet Potato Mash

Friday.

Pork Sausage Hot Dog served with Tomato Relish and Chips

Option 2 ^V
Vegetarian

Roasted Vegetable Gratin served with Potato Wedges ^V

Chimichangas served with Sweet Chilli Dipping Sauce and Cous Cous ^V

Roast Quorn Fillet served with Roast Potatoes and Gravy ^V

Macaroni Cheese ^V

Vegetarian Sausage Hot Dog served with Tomato Relish and Chips ^V

Option 3

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Vegetables

Garden Peas
Cauliflower

Roast Parsnips
Baton Carrots

Mashed Carrot
and Swede

Broccoli
Sweetcorn

Baked Beans
Garden Peas

Dessert

Mixed Fruit Cobbler with Custard

Marble Cake with Custard

Vanilla Cheesecake

Eves Pudding with Custard

Iced Orange Sponge

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