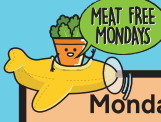


HEATHFIELD SCHOOLS

SUMMER 2024

WEEK 1

15/04, 06/05, 03/06,
24/06, 15/07



Option 1

Cheese and Tomato Pizza with Potato Wedges

Tuesday.

Chicken Meatballs in Tomato Sauce with Pasta Twists

Wednesday.

Roast Beef with Roast Potatoes and Gravy

Thursday.

Chicken Tikka Curry with Sunshine Rice and Naan

Friday.

Fish Fingers with Chips and Tomato Ketchup

Option 2 V Vegetarian

Katsu Vegetables with Rice (Ve) V

Pasta with Vegetarian Bolognese (Ve) V

Roast Quorn with Roast Potatoes and Gravy V

Mild Spinach, Potato and Chickpea Curry with Sunshine Rice and Naan V

Roasted Vegetable Quiche with Chips and Tomato Ketchup V

Option 3

Pesto Pasta (Ve)

Tuna Mayonnaise Sandwich

Jacket Potato with a Choice of Fillings

Cheese Sandwich

Pasta with Tomato Sauce and Sweetcorn (Ve)

Vegetables

Sweetcorn Carrots

Mixed Garden Vegetables

Steamed Cabbage Carrots

Carrots Green Beans

Baked Beans Garden Peas

Dessert

Chocolate Slice (Ve)

Pineapple Upside Down Cake or Shortbread (Ve)

Fresh Fruit Salad (Ve)

Apple Flapjack Crumble with Custard or Shortbread (Ve)

Ice Lolly (Ve)

WEEK 2

22/04, 13/05, 10/06,
01/07, 22/07

Option 1

Vegetable Burger with Potato Wedges (Ve)

Tuesday.

Spanish Chicken with Savoury Rice

Wednesday.

Pork Sausage with Mashed Potato and Gravy

Thursday.

Beef Lasagne with Garlic and Herb Croutons

Friday.

Breaded Fish with Chips and Tomato Ketchup

Option 2 V Vegetarian

Cheese, Potato and Onion Layer Bake V

Vegetable Paella (Ve) V

Vegetarian Sausage (Ve) with Mashed Potato and Gravy V

Vegetarian Lasagne with Garlic and Herb Croutons V

Vegetable Fingers with Chips and Tomato Ketchup V

Option 3

Pasta with Tomato Sauce and Roasted Vegetables (Ve)

Cheese Sandwich

Jacket Potato with a Choice of Fillings

Egg Mayonnaise Sandwich

Pasta with Tomato Sauce (Ve)

Vegetables

Garden Peas Sweetcorn

Carrots Green Beans

Cauliflower Sweetcorn

Green Beans Carrots

Baked Beans Garden Peas

Dessert

Peach Crunch Tart (Ve)

Lemon Sponge and Custard or Shortbread (Ve)

Fruit Flapjack (Ve)

Carrot Cake or Shortbread (Ve)

Chocolate Brownie

WEEK 3

29/04, 20/05,
17/06, 08/07

Option 1

Wholemeal Pitta Pizza with Potato Wedges

Tuesday.

Beef Quesadilla with New Potatoes

Wednesday.

Roast Gammon with Roast Potatoes and Gravy

Thursday.

BBQ Chicken with Lemon and Herb Rice and Tortilla

Friday.

Fish Fingers or Salmon Fingers with Chips and Tomato Ketchup

Option 2 V Vegetarian

Summer Vegetable Frittata with Potato Wedges V

Vegetable Stir Fried Rice (Ve) V

Cheese and Onion Pasta with Roast Potatoes V

Macaroni Cheese V

Quorn Nuggets with Chips and Tomato Ketchup (Ve) V

Option 3

Pasta with Tomato and Basil Sauce (Ve)

Cheese Sandwich

Jacket Potato with a Choice of Fillings

Tuna Mayonnaise Sandwich

Pasta with Tomato Sauce and Grated Cheddar

Vegetables

Carrots Green Beans

Peas Sweetcorn

Green Beans Carrots

Sweetcorn Broccoli

Baked Beans Garden Peas

Dessert

Oaty Cookie (Ve)

Chocolate and Pear Sponge with Chocolate Custard or Shortbread (Ve)

Fresh Fruit Salad (Ve)

Apple and Sultana Crumble Slice (Ve) or Shortbread (Ve)

Jelly (Ve)



FRESHLY BAKED BREAD, SALAD BAR, YOGHURT AND FRESH FRUIT ARE AVAILABLE DAILY

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.

THIS MENU SUPPORTS:

