



## School Menu

### Spring - Summer 2019

### Week 1

Week commencing  
25 February, 18 March,  
23 April, 13 May, 10 June,  
1 July, 22 July



Achieve Succeed Fly  
**Heathlands  
Primary School**



### By Day

#### First Course

#### Second Course

**Monday**

Margherita pizza  
& new potatoes

Milk Gluten



Strawberry mousse  
& shortbread

Milk Gluten



**Tuesday**

Venison burger in a bun  
& diced potatoes

Soya Milk Egg Gluten Sulphur Dioxide

**TODAY'S VEGETARIAN OPTION**

Quorn burger in a bun  
& diced potatoes

Soya Milk Egg Gluten



Peaches in jelly  
& cream swirl

Milk



**Wednesday**

Chicken & coconut curry  
with wholegrain rice

Mustard Milk

**TODAY'S VEGETARIAN OPTION**

Quorn & coconut curry  
with wholegrain rice

Mustard Milk Egg



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide



**Thursday**

Roast pork, stuffing,  
gravy, mashed potato  
& Yorkshire pudding

Milk Egg Gluten

**TODAY'S VEGETARIAN OPTION**

Quorn roast, stuffing, gravy,  
mashed potato & Yorkshire pudding

Milk Egg Gluten



Apple & Raspberry crumble  
& custard

Milk Gluten



**Friday**

Fish finger wrap  
& Noisette potatoes

Milk Fish Gluten

**TODAY'S VEGETARIAN OPTION**

Fishless finger wrap  
& Noisette potatoes

Milk Gluten



Marble sponge  
& custard

Milk Egg Gluten



**Served Daily**

**Best of both bread** Gluten and Soya

**Seasonal vegetables** available daily **Coleslaw** Egg when served



## School Menu

### Spring - Summer 2019

### Week 2

Week commencing  
4 March, 25 March,  
29 April, 20 May,  
17 June, 8 July



Heathlands  
Primary School



### By Day

#### First Course

#### Second Course

Monday

Quorn dippers  
& baby jacket potatoes

Milk Egg Gluten



St Clement sponge  
& custard

Milk Egg Gluten



Tuesday

Pork meatballs in gravy  
& mashed potatoes

Gluten Sulphur Dioxide

**TODAY'S VEGETARIAN OPTION**

Vegeballs in gravy  
& mashed potatoes

Soya Gluten



Cheese, crackers  
& apple wedge

Milk Gluten



Wednesday

Chicken Tikka wrap  
& savoury rice

Milk Gluten

**TODAY'S VEGETARIAN OPTION**

BBQ Quorn wrap  
& new potatoes

Egg Gluten



Butterscotch tart

Milk Gluten



Thursday

Roast Turkey, stuffing,  
Yorkshire pudding  
& mashed potato

Milk Egg Gluten

**TODAY'S VEGETARIAN OPTION**

Quorn roast, stuffing, gravy,  
mashed potato & Yorkshire pudding

Milk Egg Gluten



Strawberry shortbread

Milk Gluten



Friday

MSC Breaded fish  
& chips

Fish Gluten

**TODAY'S VEGETARIAN OPTION**

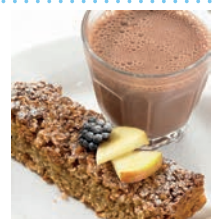
Fishless finger  
& chips

Gluten



Fruit flapjack  
& milkshake

Milk Gluten



Served Daily

**Best of both bread** Gluten and Soya

**Seasonal vegetables** available daily **Coleslaw** Egg when served



## School Menu

### Spring - Summer 2019

### Week 3

Week commencing

11 March, 1 April,

6 May, 3 June,

24 June, 15 July



**Heathlands  
Primary School**



## By Day

### First Course

### Second Course

**Monday**

Vegetarian roll, gravy  
& jacket wedges

Soya Gluten



Butterscotch mousse

Milk



**Tuesday**

Nottinghamshire sausage,  
Yorkshire pudding,  
mashed potato & gravy

Milk Egg Gluten Sulphur Dioxide

**TODAY'S VEGETARIAN OPTION**

Quorn sausage, Yorkshire pudding,  
mashed potato & gravy

Milk Egg Gluten



Strawberry cupcake

Milk Egg Gluten



**Wednesday**

Spaghetti Bolognese

Fish Gluten

**TODAY'S VEGETARIAN OPTION**

Quorn Spaghetti Bolognese

Egg Gluten



Honey cake

Milk Egg Gluten



**Thursday**

Roast Gammon  
& pineapple with mashed &  
roast potatoes

**TODAY'S VEGETARIAN OPTION**

Roast Quorn with mashed  
& roast potatoes

Milk Egg



Raspberry ripple  
ice cream cake

Soya Milk Egg Gluten



**Friday**

Fish goujons  
& diced potatoes

Fish Gluten



Pancake with  
frozen yoghurt & orange

Milk Egg Gluten



**Served Daily**

**Best of both bread** Gluten and Soya

**Seasonal vegetables** available daily **Coleslaw** Egg when served