



# LUNCH



Heath Mount  
School

18<sup>th</sup> March

MONDAY

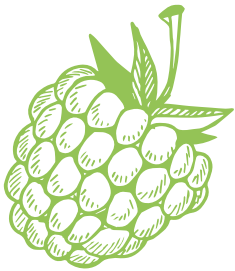
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING BREAK	Sausage Sandwich on Wholemeal	Blueberry Muffin	Beans on Toast	Pain au chocolate	Banana Pancakes
MAIN COURSE ONE	<u>Pasta Station</u> Roasted Tomato and Lentil Sauce Basil Pesto Creamy Bacon and Mushroom Carbonara Garlic and Herb Focaccia	Pork Cumberland Sausage Quorn Sausages Served with a Rich Gravy and Buttered Mash	Beef Chilli Con Carne Served with Sour Cream and Tortilla Chips  Sticky Aubergine Katsu Curry	<u>Loaded Fajita</u> Shredded BBQ Chicken Cajun Pulled Jackfruit Warmed Wraps Tomato Salsa Guacamole Sour Cream	Breaded MSC Pollock with Tartar Sauce and a Lemon Wedge
MAIN COURSE TWO					
MAIN COURSE THREE	Jacket Potato with Cheese & Baked Beans	Mac'n'Cheese	Jacket Potato with Cheese & Baked Beans	Tomato and Pepper Pasta	Tortellini Formaggio in a Basil Pesto
ON THE SIDE	Penne pasta Roasted Aubergine Green Beans	Buttered Mash Garden peas Braised Red Cabbage	Braised Rice Green Beans Steamed Corn	Broccoli Roasted Peppers and Onions	Chipped Potatoes Mushy Peas Baked Beans
HOT DESSERT	Chocolate sponge served with chocolate custard	Yoghurt or fresh fruit	Jelly or Yoghurt	Apple Crumble & Custard	Yoghurt or fresh Fruit
LITTLE TEA	Melon & Pineapple Platter	Chocolate Chip Cookie	Carrot & Cucumber sticks	Fruit Thursday (Pineapple, Melon, Oranges)	Du Maurier Treat

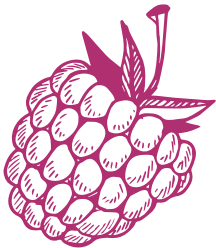


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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Break</b>	Bacon Sandwich	Freshly Baked Croissant	American Berry Pancakes	Beans on Wholemeal Toast	Hash Brown & Sausage
<b>MAIN COURSE ONE</b>	Basta Bolognaise served with Cheddar Cheese	Lemon and Garlic Roasted Chicken Served with Sage and Onion Stuffing and Yorkshire Puddings'	Turkey Tikka Masala Served with Coriander Naan Bread and Mango Chutney	Slow Cooked Beef Cottage Pie Topped with a Cheddar Crunch	<u>The Hog Roast</u> Pulled Pork Salted Crackling Apple Sauce and Mustards Pickled Cabbage Sliced Gherkins Soft Brioche Bun Roasted Field Mushroom
<b>MAIN COURSE TWO</b>	Ratatouille with Crumbled Feta	Aubergine, Lentil & Tomato Moussaka	Sweet Potato Falafel on a Toasted Flatbread Topped with Mint Raita and Onion Salad	Root Vegetable, Chickpea and Red Pepper Stew	
<b>MAIN COURSE THREE</b>	Jacket Potato with Cheese & Baked Beans	Pesto Pasta	Jacket Potato with Cheese & Baked Beans	Roast Vegetable, Tomato and Feta Pasta	Traditional Fish Pie Topped with Cheddar Mash
<b>ON THE SIDE</b>	Penne Pasta Garlic Green Beans Crushed Swede	Roast Potatoes Sautéed Cabbage Baton Carrots	Fragrant Rice Baked Peppered Tomato Garden peas	Spaghetti Spring Greens Steamed Corn	French Fries Baked Beans Roasted Courgette
<b>HOT DESSERT</b>	Carrot Cake	Yoghurt or fresh fruit	Jelly or Yoghurt	Marble Cake	Yoghurt or Fresh Fruit
<b>LITTLE TEA</b>	Melon & Pineapple Platter	Chocolate Cookie	Carrot & Cucumber sticks	Fruit Thursday (Pineapple, Melon, Oranges)	Mini Doughnuts



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning snack</b>	Sausage Sandwich	Pian au chocolate	Banana Pancakes	Egg on Toast	Beans on Toast
<b>MAIN COURSE ONE</b>	Jacket Potato Bar Smoked Paprika Chicken	Roast Pork with Crispy Yorkshire Puddings and Apple Sauce	Beef Lasagne Al Forno Topped with a Cheddar Crunch	Tex-Mex Meatballs in a Rich Tomato Sauce  (Pork)	<u>Wrap Station</u>  Fish Finger  Roasted Field Mushroom
<b>MAIN COURSE TWO</b>	Vegetable Chili  Baked Beans  Tuna Sweetcorn Cheese	Quorn and Caramelised Onion Sausage Roll Served with a Rich Gravy	Vegetable Lasagne	Root Vegetable and Lentil Pie Topped with Sweet Potato Mash	Soft Tortilla Wrap  Garlic Mayo  BBQ Sauce  Shaved Iceberg Lettuce
<b>MAIN COURSE THREE</b>		Basil and Sunflower Seed Pesto Gnocchi	Jacket Potato with Cheese & Baked Beans	Tomato and Black Olive Spaghetti	Salmon and Dill Fishcake
<b>ON THE SIDE</b>	Green Beans Roasted Aubergine Coleslaw	Rosemary Roast Potatoes  Baton carrots  Sautéed Leeks	Garlic Slice  Steamed Corn  Broccoli Florets	Braised Rice  Garden peas  Roasted Cauliflower	Chipped Potatoes  Baked Beans  Balsamic Beets
<b>HOT DESSERT</b>	Yoghurt or fresh fruit	Lime Drizzle Cake	Jelly or Yoghurt	Jam & coconut sponge	Yoghurt or fresh fruit
<b>LITTLE TEA</b>	Rice Krispie Cake	Melon & Pineapple Platter	Carrot & Cucumbers sticks	Fruit Thursday (Pineapple, Melon, Oranges)	Rainbow Cake