

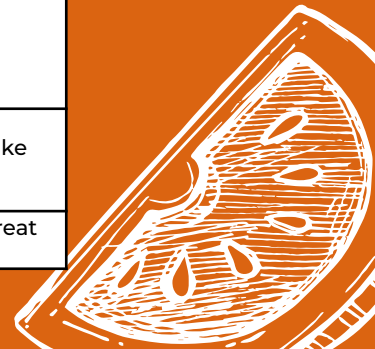
LUNCH



Heath Mount
School

18th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Fresh Fruit and Biscuit	Cheese and Tomato Pizza Slice	Fresh Fruit and Biscuit	Golden Croissant	Fruity Friday
MAIN COURSE ONE	<u>Pasta Station</u> Roasted Tomato Sauce Basil Pesto Creamy Bacon and Mushroom Carbonara	Slow Cooked Beef and Vegetable Stew	Pork Ragu Served with a Rosemary Focaccia	<u>Loaded Fajita</u> Shredded Cajun Chicken Cajun Pulled Jackfruit Warmed Wraps Tomato Salsa	Breaded MSC Pollock with Tartar Sauce and a Lemon Wedge
MAIN COURSE TWO	Garlic and Herb Focaccia	Vegetarian Quorn Sausages Served with Crispy Onions	Sticky Butternut Katsu Curry	Guacamole Sour Cream	Creamy Leek and Mushroom Pot Pie
MAIN COURSE THREE	Jacket Potato with Cheese & Baked Beans	Mac'n'Cheese	Jacket Potato with Cheese & Baked Beans	Tomato and Pepper Pasta	Bubble and Squeak Topped with a Fried Egg
ON THE SIDE	Penne pasta Roasted Aubergine Garlic Green Beans	Buttered Mash Garden peas Roasted Beets “	Braised Rice Broccoli Florets Steamed Corn	Lemon and Herb Crushed New Potatoes Medley of Vegetables	Chipped Potatoes Mushy Peas Baked Beans
HOT DESSERT	Vanilla Sponge served with Vanilla Custard	Strawberry Cheesecake	Sticky Toffee Pudding served with Cream	Classic Sprinkle Cake	Chocolate Fudge Cake
LITTLE TEA	Rice Krispie Cake	Iced Orange Traybake	Chocolate Chip Traybake	Spiced Raisin Sponge	Du Maurier Special Treat






SUPPER



Heath Mount
School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Pork Cumberland Sausage Poached Egg Baked Beans	Grilled Smokey Bacon Golden Pancakes Scrambled Eggs	Pork Cumberland Sausage Hash Brown Toasted Baguette	Friday Fry up
		Selection of breakfast cereals, yoghurts, fresh fruit & toasting stations			
MAIN COURSE ONE	 Hoisin Pulled Pork	BBQ Chicken and Grilled Cheddar Sliders	Slow Cooked Lamb and Apricot Tagine Authentic Chickpea falafel	Pork Meatballs with Tomato Sauce in a Soft Sub Roll	
MAIN COURSE TWO	Chinese Five Spice Vegetables with a Garlic Sauce Stir Fry Egg Noodles	Stuffed Vegetable Filled Peppers	Giant Couscous with Pomegranate, Radish and Mint	Field Mushrooms Topped with Wilted Spinach and Halloumi	
ON THE SIDE	Spring rolls Lemon Broccoli Prawn Crackers	Roasted New Potatoes Broccoli and Sunblush Tomato Garlic Aioli	Houmous Warmed Flatbreads Ras El Hanout Roasted Egg Plant	Potato Wedges Roasted Paprika Cauliflower House Salad	
DESSERT	Carrot Cake with a Cream Icing	Pineapple Upside down Sponge	Vanilla Cookies	Coconut and jam Cake	
SELECTION OF CUT FRUITS, YOGHURT & TOPPINGS					

