



LUNCH



Heath Mount
School

20th November

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

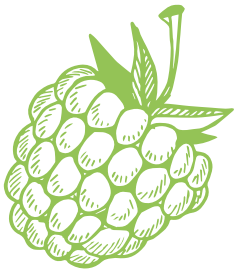
FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Blueberry Muffins	Sausage Sandwich	Beans on Toast	Pain au chocolate	Banana Pancakes
MAIN COURSE ONE	<u>Pasta Bar</u> Creamy Turkey and Spinach Carbonara	<u>Sausage Bar</u> Pork Cumberland Chipolata Beef & Tomato, Quorn Sausage	<u>Asian Rice Bowl</u> Korean Ground Beef and Pepper Stew	Creamy Chicken and Sweetcorn Pot Pie	Breaded MSC Pollock with Tartar Sauce and a Lemon Wedge
MAIN COURSE TWO	Roasted Carrot and Pepper Tomato Sauce Garlic Bread	Crispy Onions, Rich Gravy	Vegetable Spring Rolls with Sweet chilli dipping sauce	Mixed Bean and Vegetable Enchiladas Topped with Cheddar Cheese	Bubble & Squeak topped with Fried Egg & Caramelised Onions
MAIN COURSE THREE	Jacket potato with cheese & beans	Creamy tomato pasta	Jacket potato with cheese & beans	Pesto Spaghetti	Mixed Root Vegetable and Cous Cous Stuffed Pepper
ON THE SIDE	Penne pasta Grated cheese Steamed Corn	Buttered Mash Garden peas Braised Red Cabbage	Green Beans Steamed Rice Sweet Chilli Cucumber Salad	New Potatoes Baton Carrots Broccoli Florets	Baked chips Mushy Peas Garlic roast tomatoes
DESSERT	Chocolate sponge served with chocolate custard	Yoghurt or fresh fruit	Jelly or Yoghurt	Banoffee Pie	Yoghurt or fresh Fruit
LITTLE TEA	Melon & Pineapple Platter	Lemon Shortbread	Carrot & Cucumber sticks	Fruit Thursday (Pineapple, Melon, Oranges)	Heath Mount Brownie

FOUNDED IN 1897

HOLROYD HOWE

FEEDING INDEPENDENT MINDS



LUNCH

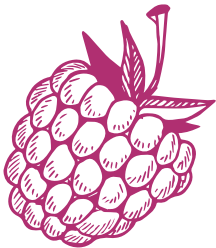


Heath Mount
School

27^h November 23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Bacon Sandwich	Croissant	Berry Pancakes	Beans on Toast	Egg on Toast
MAIN COURSE ONE	Sweet and Sour Chicken served Prawn Crackers	Honey Glazed Roast Gammon	Tex-Mex Meatballs (Beef & Pork)	Chicken Fajita Served with a Tortilla Wrap and Shaved Lettuce	Hot Dog Bar Pork Cumberland Sausage Quorn Frankfurter Crispy Onions
MAIN COURSE TWO	Sweet Potato and Cheddar Quesadilla	Cherry Tomato and Cheddar Tart	Soft naan bread topped with tandoori roasted vegetables & mint raita	Melanzane Parmigiana Topped with a Garlic Crust	Soft Hot Dog Roll Selection of Mustards and Relishes
MAIN COURSE THREE	Jacket Potato with Cheese & Baked Beans	Creamy Spaghetti	Jacket Potato with Cheese & Baked Beans	Hidden Vegetable and Tomato Pasta	Salmon and Lemon Dill Fishcake
ON THE SIDE	Steamed Rice Green Beans Baton Carrots	Roast potatoes Broccoli Florets Peas	Fragrant Rice Sweetcorn Roasted Peppers and Onions	Salsa & Guacamole Green Beans	Chipped potatoes Baked Beans Panache of Vegetables
HOT DESSERT	Carrot Cake	Yoghurt or fresh fruit	Jelly or Yoghurt	Queen of hearts	Yoghurt or Fresh Fruit
LITTLE TEA	Melon & Pineapple Platter	Chocolate Cookie	Carrot & Cucumber sticks	Fruit Thursday (Pineapple, Melon, Oranges)	Banana Cake





LUNCH



Heath Mount
School

4th December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Sausage Sandwich	Pan au chocolate	Banana Pancakes	Egg on Toast	Beans on Toast
MAIN COURSE ONE	<u>Jacket Potato Bar</u> Pork Bolognaise	Lemon and Honey Roast Chicken served with Yorkshire Pudding	Turkey Korma served with Mango Chutney	Slow Cooked Beef Ragu	<u>Pizza Bar</u> Double Pepperoni
MAIN COURSE TWO	Tuna & lime coriander Baked beans Cheddar cheese	 Mushroom and Root Vegetable Wellington	 Mixed Vegetable Sweet Chilli Chow Mein	 Garlic Roasted vegetable Stuffed Peppers with Grilled Mozzarella	Classic Margarita Topped with Fresh Basil Garlic Mayo BBQ Sauce
MAIN COURSE THREE	Tomato penne Pasta	Jacket potato cheese & beans	Pesto Pasta	Jacket potato cheese & beans	Tuna and Sweetcorn Pasta Bake
ON THE SIDE	Sautéed Green Beans House Salad Coleslaw	Rosemary Roast Potatoes Baton carrots Sautee Cabbage	Fragrant Rice Garlic Swede Steamed Corn	Wholemeal Penne Pasta Garden Peas Garlic Bread Fingers	French Fries Baked Beans Grilled Tomatoes
HOT DESSERT	Yoghurt or fresh fruit	Lime Drizzle Cake	Jelly or Yoghurt	Jam & coconut sponge	Yoghurt or fresh fruit
LITTLE TEA	Rice Krispie Cake	Melon & Pineapple Platter	Carrot & Cucumbers sticks	Fruit Thursday (Pineapple, Melon, Oranges)	Rainbow Cake