

LUNCH



Heath Mount
School

18th September

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Morning snack

Fresh Fruit and Oat Biscuit

Sausage Roll
or
Fresh Fruit

Fruit and Biscuit

Cheesy Garlic Bread

Fruit platters (Pineapple,
Melon, Oranges) & Biscuit

MAIN COURSE ONE

Jacket Potato Bar
Pork and Bean Casserole
Coronation Roasted
Chickpea and Bell Pepper

Mustard and Garlic Roasted
Chicken Thigh Served With a
Rich Gravy

North Indian Turkey
Coconut Curry Served a
Lime Wedge

Slowed Cooked Beef Ragù
Served with Parmesan

Pizza Bar
Double Pepperoni
Classic Margarita Topped
with Fresh Basil

MAIN COURSE TWO

Tuna & lime coriander
Baked beans
Cheddar cheese

Cheesy Celeriac, Leek and
Rosemary Gratin
(Vegan)

Sticky Honey and Sambal
Aubergine Stir Fry Garnished
with Coriander and Crushed
Seeds

Garlic Roasted vegetable
Stuffed Peppers with Grilled
Mozzarella

Garlic Mayo
BBQ Sauce

**MAIN COURSE
THREE**

Tomato & oregano Pasta

Jacket Potato with Cheese &
Baked Beans

Pesto Pasta

Jacket Potato with Cheese &
Baked Beans

Smoked Salmon and Pea
Linguine

ON THE SIDE

Sautéed Green Beans
House Salad
Coleslaw

Rosemary Roast Potatoes
Baton carrots
Sautee Cabbage

Fragrant Rice
Crushed Swede
Steamed Corn

Wholemeal Penne Pasta
Garden peas
Garlic Bread Fingers

Chipped Potatoes
Baked Beans
Roasted Beets

COLD DESSERT

Selection of Fresh Fruit, Yoghurts , Jelly & Cold dessert

HOT DESSERT

Lime Drizzle Cake

Strawberry Sponge with
Custard

Jam & Coconut Sponge

Steamed Treacle Sponge
with Custard

Black Forrest Cake

LITTLE TEA

Raisin cornflake cake

Chocolate Chip traybake

Strawberry Flapjack

Orange Shortbread

Mini Doughnuts

FOUNDED IN 1997

HOLROYD HOWE

FEEDING INDEPENDENT MINDS



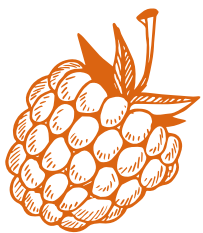
25th September

LUNCH



Heath Mount School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Break	Fresh Fruit and Oat Biscuit	Sausage Roll or Fresh Fruit	Fruit and Biscuit	Cheesy Garlic Bread	Fruit platters (Pineapple, Melon, Oranges) & Biscuit
MAIN COURSE ONE	Sweet and Sour Chicken Served With Grilled Pineapple	Honey Glazed Roast Gammon	Tex-Mex Meatballs Served With Crushed Avocado and Sour Cream (Beef & Pork)	Greek Chicken, Butter Bean and Cherry Tomato Traybake Served With a Wholemeal Wrap	<u>Hot Dog Bar</u> Pork Cumberland Sausage Quorn Frankfurter Crispy Onions Soft Hot Dog Roll
MAIN COURSE TWO	Sweet Potato and Cheddar Quesadilla served with a Tomato Salsa	Balsamic Cherry Tomato, Basil Pesto Tart Served with a Pepper Rocket Salad	Trio of Wild Mushroom Stroganoff (Vegan)	Melanzane Parmigiana Topped with a Garlic Crust	Selection of Mustards and Relishes
MAIN COURSE THREE	Jacket Potato with Cheese & Baked Beans	Fettucino Alfredo (Creamy Spaghetti)	Jacket Potato with Cheese & Baked Beans	Spiced Cajun Penne Pasta	Salmon and Lemon Dill Fishcake
ON THE SIDE	Golden Vegetable Rice Green Beans Baton Carrots	Roasted Potatoes Broccoli Mornay Garden Peas	Braised Cajun Rice Steamed Corn Paprika Cauliflower	Lemon and Thyme new potatoes Glazed carrots Pomegranate, Rocket and Pear Green Salad with Ginger Dressing	Chipped Potatoes Panache of Vegetables Baked Beans
COLD DESSERT	Selection of Fresh Fruit, Yoghurts , Jelly & Cold dessert				
HOT DESSERT	Carrot Cake with a Cream Cheese Icing	Caramel Banana Upside Down Cake Served with Custard	Queen of hearts	Coffee and Pumpkin Seed cake	Salted Caramel Brownie
LITTLE TEA	Rice Krispie and Smartie Cake	Oaty flapjack	Chocolate Cookie	Lemon Shortbread	Mini Doughnuts



LUNCH



Heath Mount
School

2nd October

MONDAY

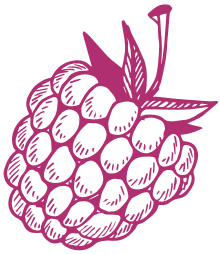
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BREAK	Fresh Fruit and Oat Biscuit	Sausage Roll or Fresh Fruit	Fruit and Biscuit	Cheesy Garlic Bread	Fruit platters (Pineapple, Melon, Oranges) & Biscuit
MAIN COURSE ONE	<u>Pasta Station</u> Turkey and Mascarpone Bolognaise Creamy Bacon and Spinach Roasted Carrot and Pepper Tomato Sauce Garlic Bread	<u>Sausage Bar</u> Pork Cumberland Lamb & Mint Beef & Tomato, Quorn Sausage Crispy Onions, Mustards & a Rich Gravy	<u>Asian Rice Bowl</u> Thai Basil Beef and Green Pepper Stew served with Prawn Crackers	Creamy Chicken, Sweetcorn and Kale Pot Pie	Breaded MSC Pollock with Tartar Sauce and a Lemon Wedge
			Crispy Vegetable Spring Rolls with a Sweet Chilli Dipping Sauce		
MAIN COURSE TWO	Jacket Potato with Cheese & Baked Beans	Creamy Tomato and Basil Penne Pasta	Jacket Potato with Cheese & Baked Beans	Penne Arrabbiata Pasta	Quorn and Caramelised Onion Sausage Roll
MAIN COURSE THREE	Penne pasta Grated cheese Steamed Corn	Chive Mash Garden peas Braised Red Cabbage	Lemon Grass and Coriander Rice Citrus Green Beans Spicy Korean Cucumber Salad	Lemon and Herb Crushed New Potatoes Baton Carrots Steamed Leeks	Chipped Potatoes Mushy Peas Medley of Vegetables
ON THE SIDE					
COLD DESSERT	Selection of Fresh Fruit, Yoghurts, Jelly & Cold dessert				
HOT DESSERT	Vanilla Sponge served with Summer Berry Compote	Rhubarb and Strawberry Crumble served with Custard	Sticky Ginger and Banana Loaf Cake	Banoffee Pie	Rocky Road
LITTLE TEA	Chocolate & Popcorn Bar	Lemon shortbread	Classic Sprinkle Traybake	Apricot Flapjack	Mini Doughnuts



SUPPER

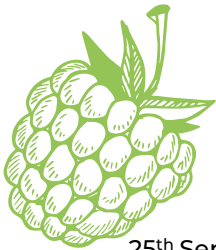


Heath Mount
School

18th September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Toasted Bagel Grilled Bacon Poached Egg	Pork Cumberland Sausage Hash Brown Baked Beans	Grilled Smokey Bacon Golden Pancakes Scrambled Eggs	Friday Fry up
		Selection of breakfast cereals, yoghurts, fresh fruit & toasting stations			
MAIN COURSE ONE	Hunters BBQ Chicken Thigh Topped with Smoked Bacon and Cheddar Cheese	<u>Middle Eastern</u> Lamb Shish Kebab	<u>Tapas</u> Albondigas Beef Meatball in a Tomato Sauce	Pork Cumberland Sausage Casserole Topped with a Parmesan Croutons	
MAIN COURSE TWO	Roasted Thyme Root Vegetable Pasty	Zeljanica (cheese & spinach pie) Baked Pitta Bread Lebanese Salad	Cured Meats Spanish Tortilla Marinated Olives	Sweet potato, Red Onion & Portobello Mushroom wellington	
ON THE SIDE	Steamed New Potatoes Corn Cobb Crushed Peas	Turmic Steamed Rice Cumin Roasted Aubergine Houmous Toum Sauce	Roasted Mediterranean Vegetables Tomato and Basil Bruschetta Pan Fried Chorizo and Feta Bruschetta Chilli Oil	Buttered Mash Sauteed Leeks Grilled Squash	
DESSERT	Strawberry Panna Cotta	Mini Doughnut Served With Chocolate Sauce	Cinnamon Coated Churros	Classic New York Cheesecake	

SELECTION OF CUT FRUITS, YOGHURT & TOPPINGS



25th September

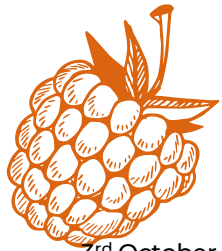
SUPPER



Heath Mount School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Grilled Smokey Bacon Golden Pancakes Scrambled Eggs	Pork Cumberland Sausage Hash Brown Baked Beans	Toasted Bagel Grilled Bacon Poached Egg	Friday Fry up
	Selection of breakfast cereals, yoghurts, fresh fruit & toasting stations				
MAIN COURSE ONE	Ham and Cheese or Trio of Cheese Welsh Rarebit	Sticky soy & Ginger Glazed Chicken Thigh	Chunky Beef and Onion Pot Pie	<u>Indian Take Out</u> Turkey Rogan Josh served with a Coriander and Red Onion Salad	
MAIN COURSE TWO	served with a Seasoned Fried Egg	Thai Green Vegetable & Butterbean Curry Served with Crushed Seeds	Cherry Tomato and Roasted Butternut Risotto Served with a Watercress and Herb Salad	Red Lentil and Chickpea Dhal Basmati Rice	
ON THE SIDE	Potato Wedges Roasted Beets Balsamic Tomato Salad	Egg Fried Rice Stir Fried Vegetables Prawn Crackers	Buttered Mash Sautéed Tender stem Broccoli Steamed Leeks	Aloo Gobi (Bombay Potato & Cauliflower) Naan Bread Mango Chutney Mint Riatia	
DESSERT	Speculass Cookies	Passionfruit and Pineapple Fool	Sticky toffee pudding with toffee sauce	Scones Served with Cream and Strawberry Compote	

SELECTION OF CUT FRUITS, YOGHURT & TOPPINGS



3rd October

SUPPER



Heath Mount
School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Pork Cumberland Sausage Poached Egg Baked Beans	Toasted Bagel Grilled Bacon Poached Egg	Grilled Smokey Bacon Golden Pancakes Scrambled Eggs	Friday Fry up
	Selection of breakfast cereals, yoghurts, fresh fruit & toasting stations				
MAIN COURSE ONE	Lasagne Al Forno with Creamy Cheddar Cheese Topping	<u>Taco Tuesday</u> Pulled Pork Barbocoa Or Grilled Spiced Haloumi	Lemon and Thyme Roast Chicken Thigh	<u>American Diner</u> Slow Cooked BBQ Ribs Tennessee Jackfruit Wraps Paprika Roasted Wedges	
MAIN COURSE TWO	Baked field mushrooms with spinach, red onions & Mozzarella	Crunchy Taco Shell Pico de Gallo Salsa Guacamole Sour Cream Shaved Lettuce Cheddar Cheese	Mushroom and leek Baked Slice	Onion Rings Coleslaw Rolled Corn Cobs with Smokey Onion Crust	
ON THE SIDE	Garlic and Thyme Focaccia Crushed New Potatoes Sundried Tomato and Green Beans	Cajun Braised Rice Roasted Peppers and Onions	Potato Dauphinois Honey Glazed Butternut Garden peas		
DESSERT	Profiteroles with Melted Chocolate and Cream	<u>Waffle Bar</u> Toffee Sauce, Raspberry compote & Hot Chocolate Sauce	Strawberry Eton Mess	Apple Pie Served with Cream	

SELECTION OF CUT FRUITS, YOGHURT & TOPPINGS