






















# Heber Autumn Menu 2021

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b>	Option 1	Vegetable and Bean Fajitas with 50/50 Rice  	Spaghetti Bolognaise	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread 	Beef Burger with Potato Wedges
	Option 2	Macaroni Cheese	Vegetarian Sausage Hot Dog with Potato Wedges	Vegetable Wellington with Roast Potatoes and Gravy	Tomato and Lentil Pasta with Garlic Bread	Homity Pie with Chips
	Vegetables	Green Beans Carrots	Coleslaw Sweetcorn 	Cauliflower Broccoli 	Roasted Mixed Vegetables 	Baked Beans Garden Peas
	Dessert	Oaty Cookie 	Mandarin Jelly 	Fruit and Yoghurt Station	Sticky Toffee Apple Crumble with Custard  	Apple, Cheese and Biscuits

<b>Week Two</b>	Option 1	Chicken Chow Mein 	Macaroni Beef Pasta Bake	Roast Turkey with Roast Potatoes and Gravy	Mediterranean Chicken Stew with Rice  	MSC Breaded Fishfingers /Salmo fishfingers with Chips and Tomato Sauce
	Option 2	Vegetable Tagine with Couscous 	Roasted Cauliflower Curry with Rice  	Roasted Quorn with Roast Potatoes and Gravy	Vegetarian Lasagne	Mexican Bean Roll with Chips 
	Vegetables	Green Beans Cauliflower	Peppers Garden Peas	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas
	Dessert	Pear Crumble with Custard 	Chocolate Shortbread 	Fruit and Yoghurt Station	Pinwheel Cookie	Apple Flapjack  

<b>Week Three</b>	Option 1	Vegetarian Tortilla Stack with Rice 	Sausage Roll with Wedges	Roast Beef with Roast Potatoes and Gravy	Chicken, Lentil and Gravy Pie with Mashed Potatoes 	Cheese and Tomato Pizza with New Potatoes
	Option 2	Meatballs in Tomato Sauce with Rice  	Shepherdess Pie with Gravy 	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Wholemeal Vegetable Pasta Bake 	BBQ Quorn with Chips
	Vegetables	Broccoli Sweetcorn	Garden Peas Carrots	Carrot and Swede Mash	Green Beans Cauliflower	Baked Beans Garden Peas
	Dessert	Rice Pudding with Mixed Berries	Chocolate Sponge with Chocolate Sauce	Fruit and Yoghurt Station	Eves Pudding and Custard	Ice Cream 

**Available Daily:**

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

**ALLERGY INFORMATION:** If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.