



HEAMOOR SCHOOL MENU

AUTUMN TERM 2019

2 VEGETABLE OPTIONS PER DAY

SALAD BAR, YOGHURT AND FRESH FRUIT AVAILABLE DAILY

WEEK BEGINNING	WEEK 1 04/09,23/09,14/10,11/11,02/12	WEEK 2 09/09,30/09,28/10,18/11,09/12	WEEK 3 16/09,07/10,04/11,25/11,16/12
MEAT FREE MONDAY	MACARONI CHEESE & GARLIC BREAD MEDITERRANEAN TOMATO RISOTTO JACKET POTATO SPONGE TRAYBAKE	QUORN HOT DOG POTATO, CHEESE & ONION BAKE JACKET POTATO RICE PUDDING	CHEESE & TOMATO PIZZA VEGETABLE PIZZA JACKET POTATO ANGEL DELIGHT
TUESDAY	PASTY PIE CHICKPEA, POTATO & SPINACH CURRY & RICE PACKED LUNCH SANDWICH - HAM, CHEESE OR TUNA APPLE FLAPJACK	TURKEY MEATBALLS & SPAGHETTI CHEESE & TOMATO QUICHE PACKED LUNCH SANDWICH – HAM, CHEESE OR TUNA RED VELVET MUFFIN	CHICKEN BURGER IN A BUN GARLIC & HERB WEDGES VEGGIE MINCE LASAGNE PACKED LUNCH – SANDWICH – HAM, CHEESE & TUNA CHOCOLATE ORANGE MUFFIN
WEDNESDAY	CHICKEN CASSEROLE, HERBY DUMPLINGS & MASH VEGGIE SAUSAGES, POTATO WAFFLES & BEANS PACKED LUNCH PIZZA PINWHEEL MANCHESTER TART	BEEF CURRY & RICE CRISPY CRUMBED VEGETABLE BURGER & WEDGES PACKED LUNCH SAUSAGE ROLL LIME & GINGER CHEESECAKE	SHEPHERD'S PIE GARLIC & HERB QUORN FILLET & DICED POTATOES PACKED LUNCH – CHEESE & HAM PANINI FRUIT TRIFLE
ROAST THURSDAY	ROAST CHICKEN & STUFFING LENTIL ROAST JACKET POTATO JAM ROLY POLY & CUSTARD	ROAST GAMMON & YORKSHIRE PUDDING QUORN FILLET JACKET POTATO APPLE & BLACKBERRY PIE & CUSTARD	ROAST PORK & STUFFING VEGGIE SAUSAGES JACKET POTATO SYRUP SPONGE & CUSTARD
FISHY FRIDAY	FISH FINGERS & CHIPS BEANIE PASTA BAKE BUTTER CRUNCH BISCUIT	COD FILLET FISHCAKE & CHIPS VEGAN NUGGETS & CHIPS JELLY	BATTERED FISH & CHIPS CHEESE & BEAN PINWHEEL & CHIPS ORANGE COOKIE