HEATHFIELD KNOLL SCHOOL

Lunch Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day 1	Traditional Bolognaise *With Garlic Bread*	Toad In The Hole *With Gravy*	Roast Gammon *With Gravy*	Cottage Pie	Breaded Haddock *With Tartare Sauce*
Dish of the Day 2	Turkey A La King	Chinese Chicken Curry	Roast Gammon Baguette	Chicken and Chorizo Casserole	Hot Dogs *With Fried Onions*
Vegetarian	Quorn Bolognaise *With Garlic Bread*	Vegetarian Toad In The Hole *With Gravy*	Roasted Quorn Fillet *With Gravy*	Quorn Cottage Pie	Vegetarian Hot Dogs *With Fried Onions*
Accompaniments	Spaghetti Herby Diced Potatoes	Mashed Potato Rice	Roast Potatoes	Sauté Potatoes	Oven Baked Chips
Vegetable Selection	Cauliflower Sweetcorn	Peas Savoy Cabbage	Ratatouille Carrots	Green Beans Mashed Swede	Peas Baked Beans
Light Bite	Jacket Potato	Jacket Potato	Tomato Pasta Bake	Jacket Potato	Jacket Potato
Dessert	Pear and Chocolate Crumble *With Custard*	Lemon Drizzle Cake	Chocolate Flapjack	Sticky Toffee Pudding *With Toffee Sauce*	Raspberry Fool
Available daily will be a salad bar, fresh fruit, yogurt bar and a selection of cold desserts					

HEATHFIELD KNOLL SCHOOL

Lunch Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day 1	Mince Beef Tacos	Beef Stew and Dumplings	Roast Chicken *With Stuffing and Gravy*	Lasagne *With Garlic Bread*	Fish Fingers
Dish of the Day 2	Chicken Steak	Sweet and Sour Pork	Roast Chicken Baguette	Garlic and Parmesan Chicken	Chicken Nuggets
Vegetarian	Quorn Mince Tacos	Vegetarian Sweet and Sour	Roasted Quorn Fillet	Vegetable Lasagne	Vegetable Nuggets
Accompaniments	Seasoned Wedges	Mashed Potato Rice	Roast Potatoes	New Potatoes	Oven Baked Chips
Vegetable Selection	Mexican Roasted Vegetables Coleslaw	Green Beans Cauliflower	Creamed Leeks Broccoli	Sweetcorn Carrots	Peas Baked Beans
Light Bite	Jacket Potato	Jacket Potato	Tomato Pasta Bake	Jacket Potato	Jacket Potato
Dessert	Toffee Cheesecake	Apple and Raspberry Pie *With Custard*	Rocky Road	Key Lime Pie	Rice Krispie Cakes
Available daily will be a salad bar, fresh fruit, yogurt bar and a selection of cold desserts					

HEATHFIELD KNOLL SCHOOL

Lunch Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day 1	BBQ Chicken	Chilli Con Carne	Roast Pork *With Stuffing, Apple Sauce, Gravy*	Sausages *With Gravy*	Breaded Cod *With Tartare Sauce*
Dish of the Day 2	Gammon Steaks	Chicken and Mushroom Pie	Roast Pork Baguette	Beef and Beetroot Curry	Cheese and Onion Pasty
Vegetarian	BBQ Quorn	Spinach and Feta Pie	Roasted Quorn Fillet	Vegetarian Sausages	Cheese and Onion Pasty
Accompaniments	Potato Wedges Onion Rings	Rice New Potatoes	Roast Potatoes	Mashed Potato Rice	Oven Baked Chips
Vegetable Selection	Corn on The Cob Grilled Tomatoes	Broccoli Cauliflower	Honey Roast Parsnips Carrots	Braised Red Cabbage Sweetcorn	Peas Baked Beans
Light Bite	Jacket Potato	Jacket Potato	Tomato Pasta Bake	Jacket Potato	Jacket Potato
Dessert	Jam Sponge *With Custard*	Cookies	Apple Cobble Cake	Cornflake Tart *With Custard*	Chocolate Fudge Cake
Available daily will be a salad bar, fresh fruit, yogurt bar and a selection of cold desserts					