

HETTON SCHOOL – AUTUMN TERM

W/C 08.01.18; 29.01.18

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FAVOURITES	Toad in the Hole with Onion Gravy & Creamed Potatoes Meatballs in Tomato Sauce with Spaghetti	Chicken & Vegetable Pie with Spicy Wedges ✓ Roast Mediterranean Vegetables, topped with Cheese & Garlic Crumb	Roast Turkey & Yorkshire Pudding with Oven Roast Potatoes Tuna Pasta Bake with Garlic Bread	Mince & Crispy Dumpling with New Potatoes ✓ Veggie Mince Spaghetti Bolognaise	Fish Shop Day Deep Fried Fish in Batter Fish Cakes Sausages in Batter Chicken Dippers ✓ Veggie Sausages in Batter ✓ Cheese & Tomato Quiche BBQ Sausage Baguette ✓ Basilico Pasta
STREET EATS HOT PASTA BAKED POTATOES PANINI'S PIZZA SPICY RICE TORTILLA WRAPS	✓ Sweet Potato & Chickpea Korma with 50/50 Rice ✓ Zingy Pepper Panini Spicy Tuna Pizza	B.B.Q. Pulled Pork in a Soft Bun ✓ Cheesy Pizziola Hot Wrap Chilli Beef Pasta	✓ Mixed Bean Veg Chilli Tortilla Wrap Pepperoni & Tomato Panini ✓ Cheese & Mushroom Pizza	Chicken Korma with 50/50 Rice Ham & Creamy Sweet corn Wrap ✓ Cheese & Tomato Pizza	
VEGETABLES SALAD & COLESLAW ALSO AVAILABLE	Broccoli Florets Fresh Roasted Vegetables	Fresh Carrots Mixed Salad	Mashed Swede Fresh Cabbage	Fresh Carrots Cauliflower Florets	Garden Peas/Mushy Peas Baked Beans Chipped Potatoes
DELICIOUS DESSERTS	Creamy Rice Pudding	Banana & Date Cake with Custard	Frosted Carrot Cake	Oaty Apple Crumble & Custard	Fruit Trifle
Fresh fruit, fresh fruit pots, fresh fruit salad, sugar free jelly and yoghurts also available					

ALSO AVAILABLE DAILY

GRAB 'N' GO

Boxed Salads – crisp and fresh, including carrots, peppers, chickpeas, spinach, mixed beans, beetroot, cucumber, etc

Sandwiches – made fresh on site every day; **Cold pasta pots** - meat and vegetarian options; **Chilled plain & flavoured waters and milk**

“DELI BAR” – CHOOSE YOUR BREAD, CHOOSE YOUR FILLING – TAILOR MADE FOR YOU

A TWO COURSE MEAL DEAL IS AVAILABLE EVERY DAY, PLEASE SEE SEPARATE MEAL DEAL POSTER

FOOD ALLERGIES AND INTOLERANCES - Before choosing your meal, please speak to a member of the catering staff about your requirements