

HETTON SCHOOL – AUTUMN TERM

WC 22.01.18

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FAVOURITES	Bacon & Egg Flan with New Potatoes ✓ Country Vegetable Hot Pot	Lemon & Herb Chicken Leg with Spicy Wedges Spaghetti Bolognaise & Garlic Bread	Roast Beef & Yorkshire Pudding ✓ Veggie Toad in the Hole	Corned Beef Pie & Herby Potatoes Hot Shot Chicken Pasta Bake & Garlic Bread	Fish Shop Day Deep Fried Fish in Batter Fish Fingers Sausages in Batter Chicken Dippers ✓ Veggie Sausages in Batter
STREET EATS HOT PASTA BAKED POTATOES PANINI'S PIZZA SPICY RICE TORTILLA WRAPS	Chinese Chicken Curry with 50/50 Rice Spicy Meatballs Panini ✓ Creamy Tomato Pasta	✓ Oriental Spring Roll ✓ Cheesy Pizziola Wrap Ham & Pineapple Pizza	Turkey Enchiladas Spicy Tuna Panini ✓ Basillico Pasta	✓ Vegetable Biryani Cajun Chicken Wrap ✓ Veg Sizzler Pizza	✓ Sweet Potato Frittata Ham & Cheese Panini ✓ Simple Tomato Pasta
VEGETABLES SALAD & COLESLAW ALSO AVAILABLE	Broccoli Florets Oven Roast Ratatouille	Cauliflower Florets Sweet corn	Fresh Cabbage Fresh Carrots Roast Potatoes	Country Mixed Vegetables Green Salad	Garden Peas/Mushy Peas Baked Beans Chipped Potatoes
DELICIOUS DESSERTS	Spicy Apple Cake with Custard	Coconut & Parsnip Cake with Cream	Hot Choc Fudge Cake & Choc Sauce	Strawberry Cheese Cake	Fruit Jelly & Ice Cream
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