



## HEATH HOUSE PREPARATORY SCHOOL

Lunch Menu for the Autumn Term 2017

<b>WEEK 1</b>	<b>MAIN MEAL</b>	<b>DESSERT</b>
<b>Monday</b>	Macaroni cheese with chicken, cauliflower and pancetta. Plain pasta with tomato sauce/cheddar (V)	Fresh Fruit
<b>Tuesday</b>	Fish goujons with sweet potato wedges and seasonal vegetables. Vegetable goujons (V)	Fresh Fruit
<b>Wednesday</b>	Baked potato with a choice of fillings including: cheddar/bacon/ baked beans/ tuna and sweetcorn	Fresh Fruit
<b>Thursday</b>	Selection of sandwiches with salad – egg mayo, tuna mayo, cheese, ham, chicken and salami	Fresh Fruit
<b>Friday</b>	Pizza (Mozzarella/Tomato or Pepperoni) and garlic bread with salad (tomatoes, cucumber, lettuce and carrot)	Apple pie and custard

<b>WEEK 2</b>	<b>MAIN MEAL</b>	<b>DESSERT</b>
<b>Monday</b>	Ricotta and spinach cannelloni. Plain pasta with tomato sauce/cheddar (V)	Fresh Fruit
<b>Tuesday</b>	Chicken goujons with potatoes and seasonal vegetables. Vegetable goujons (V)	Fresh Fruit
<b>Wednesday</b>	Baked white fish with potatoes and seasonal vegetables. Veggie cakes (V)	Fresh Fruit
<b>Thursday</b>	Selection of sandwiches with salad – egg mayo, tuna mayo, cheese, ham, chicken and salami	Fresh Fruit
<b>Friday</b>	Chicken burger with potatoes and seasonal vegetables. Veggie burger (V)	Selection of ice-creams served in a cone.

All food is cooked fresh every day by a local chef. Salad is provided with every meal (tomatoes, cucumber, lettuce and carrot) and vegetarian options are available where necessary. Fruit is provided every day at snack time and lunchtime – depending on availability, fruit may include a combination of the following: bananas, apples, pears, oranges and clementines. Please note that ALL FOOD at Heath House is nut free.