



HEATH HOUSE PREPARATORY SCHOOL

Lunch Menu for the Spring Term 2018

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

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