

FRESH SALAD BAR
DAILY

Heathlands Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 1</p> <p>23.02.26 16.03.26 20.04.26 12.05.26 08.06.26 29.06.26 20.07.26</p>	<p>Jacket Potato with tuna (fish, egg), cheese (milk), beans, or chili beef</p> <p>Served with seasonal vegetables</p>	<p>Sweet & Sour Chicken with noodles (gluten)</p> <p>Vegan Sweet & Sour with noodles (gluten)</p> <p>Served with seasonal vegetables</p> <p>or</p> <p>Jacket Potato with cheese (milk), or beans</p>	<p>Toad in the hole (gluten, egg, milk sulphites)</p> <p>Quorn Toad in the hole (egg, milk, gluten)</p> <p>Served with roast potatoes, seasonal vegetables and gravy</p> <p>or</p> <p>Grab & go station: Ham, tuna (fish, egg) or cheese (milk) roll (gluten) with a juice box, cookie (gluten), Pom Bears</p>	<p>Beef Burger (gluten)</p> <p>Quorn Burger (gluten, milk)</p> <p>Served with potato wedges and sweetcorn</p> <p>or</p> <p>Jacket Potato with cheese (milk), or beans</p>	<p>Fish Flipper Dippers (fish, gluten)</p> <p>Vegan Nuggets (gluten)</p> <p>Served with chips and spaghetti hoops</p>
<p>Dessert</p>	<p>Chocolate Artichoke roll (gluten, milk, egg, soya)</p> <p>or</p> <p>Yoghurt (milk)</p> <p>or</p> <p>Fresh fruit</p> <p>Allergy friendly cookies available</p>	<p>Apple cake (soya, egg, milk, gluten)</p> <p>or</p> <p>Jelly</p> <p>or</p> <p>Fresh fruit</p> <p>Allergy friendly cookies available</p>	<p>Shortbread cookie (gluten)</p> <p>or</p> <p>Fresh fruit</p> <p>Allergy friendly cookies available</p>	<p>Gluten Free Rice Crispies cake</p> <p>or</p> <p>Jelly</p> <p>or</p> <p>Fresh fruit</p> <p>Allergy friendly cookies available</p>	<p>Fruit smoothie</p> <p>or</p> <p>Yoghurt (Milk)</p> <p>or</p> <p>Fresh fruit</p> <p>Allergy friendly cookies available</p>

Allergy Friendly options available

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Allergens are highlighted in red

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<p>Week 2 02.03.26 23.03.26 27.04.26 19.05.26 15.06.26 06.07.26</p>	<p>Ham & Pineapple Pizza (gluten) with corn on the cob</p> <p>Cheese and tomato pizza (gluten, milk) with corn on the cob</p> <p>or</p> <p>Jacket Potato with tuna (fish, egg), cheese (milk), beans</p>	<p>Chicken Fajitas (gluten, mustard)</p> <p>Vegetable Fajitas (gluten, mustard)</p> <p>Served with cous cous and seasonal vegetables</p>	<p>Roast Gammon or Vegan Quorn fillet with Yorkshire pudding (Gluten, Egg, Milk), roast potatoes, seasonal vegetables and gravy</p> <p>Or</p> <p>Grab & go station: Ham, tuna (fish, egg) or cheese (milk) roll (gluten) with a juice box, cookie (gluten), Pom Bears</p>	<p>Hot Dogs (gluten, sulphites)</p> <p>Vegan Hot Dogs (gluten)</p> <p>Served with potato bites, sweetcorn and peas</p> <p>or</p> <p>Jacket Potato with cheese (milk), or beans</p>	<p>Chicken Nuggets (gluten)</p> <p>Vegan Nuggets (gluten)</p> <p>Served with chips and beans</p>
<p>Dessert</p>	<p>Ice cream (dairy) or Jelly or Fresh fruit</p> <p>Allergy friendly cookies available</p>	<p>Chocolate school cake (egg, soya, milk, gluten) or Jelly or Fresh fruit</p> <p>Allergy friendly cookies available</p>	<p>Jelly or Yoghurt (milk) or Fresh fruit</p> <p>Allergy friendly cookies available</p>	<p>Lemon drizzle cake (egg, soya, milk, gluten) or Jelly or Fresh fruit</p> <p>Allergy friendly cookies available</p>	<p>Chocolate Cookie (gluten) or Fresh fruit</p> <p>Allergy friendly cookies available</p>

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<p>Week 3 09.03.26 13.04.26 05.06.26 01.06.26 22.06.26 13.07.26</p>	<p>Cheese and Tomato Pasta Bake (gluten, milk) Served with seasonal vegetables or Jacket Potato with Cheese (milk), or beans</p>	<p>Spaghetti Bolognaise (gluten) Vegan Bolognaise (gluten) Served with Garlic Bread (gluten) and seasonal vegetables or Jacket Potato with cheese (milk), or beans,</p>	<p>Roast Chicken or Vegan Quorn fillet with Yorkshire pudding (gluten, egg, milk), roast potatoes, seasonal vegetables and gravy or Grab & go station: Ham, tuna (fish, egg) or cheese (milk) roll (gluten) with a juice box, cookie (gluten), Pom Bears</p>	<p>Pork Meatballs (gluten, sulphites) Quorn Vegan Meatballs (gluten) Served with rice and seasonal vegetables or Jacket Potato with Cheese (milk), or beans</p>	<p>Fish fingers (fish, gluten) with chips and peas Vegan Nuggets (gluten) with chips and peas</p>
<p>Dessert</p>	<p>Pancakes and chocolate sauce (milk, egg, gluten) or Jelly or Fresh fruit Allergy friendly cookies available</p>	<p>Yoghurt and Mango coulis (milk) or Yoghurt (milk) or Fresh fruit Allergy friendly cookies available</p>	<p>Smoothie or Jelly or Fresh fruit Allergy friendly cookies available</p>	<p>Iced School Cake (egg, soya, milk, gluten) or Jelly or Fresh fruit Allergy friendly cookies available</p>	<p>Gluten Free Rice Crispies cake or Jelly or Fresh fruit Allergy friendly cookies available</p>

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