

# The Lunch Menu Autumn Term 2019 - WEEK 2

Week beginning: Monday 30 September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat hot meal	Fusilli Pasta with chicken, sweetcorn, olive and tomato sauce	Roast chicken with mashed potatoes, steamed carrots, peas and gravy	Fish Pie with salmon and cod, peas and carrots	Selection of sandwiches including - egg mayo, tuna mayo, ham, chicken, salami and cheese	Pizza Margherita or Pizza with Pepperoni
Veg hot meal	Plain pasta with cheddar cheese and tomato sauce	Vegetable Burger with mashed potatoes, steamed carrots, and peas	Vegetarian Pie with peas and carrots		Pizza Margherita
Side salad	Raw carrots, cherry tomatoes, cucumber	Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce	Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce	Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce	Raw carrots, sweetcorn, cherry tomatoes, cucumber, lettuce
Fruit/ dessert	Mixed fruit	Mixed fruit	Mixed fruit	Mixed fruit	Chocolate Profiteroles

Heath House Preparatory School is a Nut and Sesame free School.  
 The School has a 3 week rotating menu which is reviewed each term.  
 The week's menu is sent to all parents via Parentmail each Monday.