



Spring/Summer Menu week commencing Monday 27th February 2023 (week 1). When returning back from a holiday we will always return on a week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
1 Week 1 27/02/23,20/03/23, 17/04/23,08/05/23, 05/06/23,26/06/23, 17/07/23	Chicken Fajita (G,D) or Jacket Potato and Beans (V) Peas Sweet corn (M,G) Fruity Swiss Bun (G)	Lamb Korma Or Cheese and Tomato Pizza (V,G,D) Rice Carrots Broccoli Chocolate and Mandarin Cake (D,M,G)	Meatballs in Tomato Sauce and Spaghettri (F,E,G) Or Macaroni Cheese (V) (G,M) Sweet Corn Strawberry Whip with Strawberries (M)	Roast Chicken Dinner (S) or Vegetable Loaf (V) (D,G,M) Roast Potato Cabbage Green Beans Oatie Cookie (G)	Fish (F,G,C) or Vegetable Burger (V) (MU,C) Chips Baked Beans Peas Vanilla ice-cream (V,M)
Week 2 06/03/23,27/03/23, 24/04/23,15/05/23, 12/06/23,03/07/23	Mince Beef Wraps (G,D) or Jacket Potato and Beans (V) Peas Sweet corn Chocolate Crunch (G,D,E)	Salmon Pie (F,M,C,G) or Cheese and Tomato Pizza (V,G,D, Mash Carrots Broccoli Iced Fruity Sponge (G,M,D)	Pasta Bolognese Or Vegetable Bolognese (V) (G) Spaghetti Sweetcorn Mango and Orange Smoothie	Roast Chicken Dinner (S) Or Wholemeal Herby Tomato and Vegetable Pasta (V) (G,D) Roast Potato Cabbage Green Beans Chocolate Krispie (D,G)	Pork Sausage (G) or Quorn Sausage(V) (G,D,M,E) Chips Baked Beans Peas Strawberry Ice -cream (V,M)
Week 3 13/03/23,01/05/23 22/05/23,19/06/23 10/07/23	Bacon, Egg and Tomato Wrap (G,E,D) or Jacket Potato with Beans (V) Peas Sweet corn Apple Flapjack (G)	Chicken Curry Or Cheese and Tomato Pizza (V,D,G) Rice Carrots Broccoli Peach Pudding (D,M,G)	Beef Lasagne (G,M) Or Cheese and Potato Pie (V,D) Homemade Garlic Bread (G) Sweetcorn Chocolate and Banana Fool(M)	Roast Chicken Dinner (S) or Vegetable Crumble (V) Roast Potato Cabbage Green Beans Jambo Biscuits (G)	Fish Fingers (F, G) or Spanish Omelette (V) Chips Baked Beans Peas Chocolate Ice-Cream (V,M)

A fresh salad bar is available Monday to Thursday as an alternative to hot food. Homemade bread , Fresh fruit and yoghurts available daily.

MENUS ARE SUBJECT TO CHANGE AT SHORT NOTICE IF ANY UNFORSEEN CIRCUMSTANCES OCCUR

ALLERGEN INFORMATION	
G - GLUTTEN N- NUTS P- PEANUTS E- EGGS M- MILK D- DAIRY S-SOYA F- FISH L- LUPIN	S/D – SUPHITES (SULPHUR DIOXIDE) C- CELERY C/F- CRUSTACEA M/F- MOLLUSCS S/S- SESAME SEEDS L- LUPIN MC- MAY CONTAIN ALLERGENS CR-CEREAL MU-MUSTARD

THE COST OF A SCHOOL LUNCH

IS £2.10

SCHOOL OFFICE.

ANY SPECIAL DIETARY NEEDS PLEASE INFORM THE



Spring/Summer Gluten Free Menu week commencing Monday 27th February 2023 (week 1). When returning back from a holiday we will always return on a week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
1 Week 1 27/02/23, 20/03/23 17/04/23, 08/05/23 05/06/23, 26/06/23 17/07/23	Chicken Fajita (D) or Jacket Potato and Beans (V) Peas Sweet corn Fruit Pot with Yoghurt (M)	Lamb Korma Or Cheese and Tomato Pizza (D,V) Rice Carrots Broccoli Chocolate Cake (D,M)	Meatballs in Tomato Sauce and Spaghetti (E,MU) Or Macaroni Cheese (V) Boiled Potatoes Sweet Corn Strawberry Whip with Strawberries (M)	Roast Chicken Dinner (S) or Vegetable Loaf (V,D) Roast Potato Cabbage Green Beans Shortbread Cookie (S)	Fish Fingers (F) or Omelette (V,E) Chips Baked Beans Peas Vanilla Ice – Cream (V,M)
Week 2 27/03/23, 27/03/23 06/04/23, 15/05/23 12/06/23, 03/07/23	Mince Beef Wraps(D) or Jacket Potato and Beans (V) Peas Sweet corn Chocolate Cookie(D,M,E)	Salmon Pie (F,M,C, Or Cheese and Tomato Pizza (D,V) Rice Carrots Broccoli Fruity Iced Sponge (M,D)	Pasta Bolognese Or Vegetable Bolognese (V) Boiled Potatoes Sweetcorn Mango and Orange Smoothie	Roast Chicken Dinner (S) or Wholemeal Herby Tomato Pasta (D,M) Roast Potato Cabbage Green Beans Chocolate Krispy (S)	Pork Sausage or Vegetarian Sausage (V,S) Chips Baked Beans Peas Strawberry Ice-cream (V,M)
Week 3 13/03/23, 01/05/23 22/05/23, 19/06/23 10/07/23	Ham and Cheese Spaghetti Carbonara (D,M) or Jacket Potato with Beans (V) Peas Sweet corn Jam Tart (M)	Chicken Curry Or Margarita Pizza (D,V) Rice Carrots Broccoli Peach Pudding (D,M)	Beef Lasagne Or Cheese and Potato pie (D,V) Homemade Garlic Bread Boiled Potatoes Sweetcorn Chocolate and Banana Fool(M)	Roast Chicken Dinner (S) or Vegetable Crumble (V) Roast Potato Cabbage Green Beans Jam Cookie(M)	Fish Fingers (F) or Spanish Omelette (E,V) Chips Baked Beans Peas Chocolate Ice-Cream (V,M)

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G - GLUTTEN
N- NUTS
P- PEANUTS
E- EGGS
M- MILK
D- DAIRY
S-SOYA
F- FISH
L- LUPIN

S/D – SUPHITES (SULPHUR DIOXIDE)
C- CELERY
C/F- CRUSTACEA
M/F- MOLLUSCS
S/S- SESAME SEEDS
L- LUPIN
MC- MAY CONTAIN ALLERGENS
CR-CEREAL
MU-MUSTARD

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HERON PRIMARY SCHOOL SALAD BAR

Monday..... Wraps or Pasta with Ham, Cheese or Tuna and Salad.

Tuesday..... Rolls or Pasta with Ham, Cheese or Tuna and Salad.

Wednesday.... Hot Panini or Pasta with Ham, Cheese or Tuna with Salad.

Thursday..... Wraps or Pasta with Ham, Cheese or Tuna with Salad.

No Salad Bar on Fridays!

