

HEYC Menu



Week 1 Lunch

Monday

*Penne pasta cooked in a seasonal vegetable sauce with a crispy breadcrumb topping, served with cauliflower and broccoli
Bananas and custard*

Tuesday

*Chicken goujons OR vegetarian Falafel served with sweet potato wedges, mixed vegetables and a tomato dip
Blueberry cake and natural yoghurt*

Wednesday

*Sausage, mash and red onion gravy with side of peas
Fruit salad*

Thursday

*Salmon en Croute OR vegetable and lentil parcel served with roasted potatoes, broccoli, cauliflower and parsley sauce
Seasonal fruit Sorbet*

Friday

*Vegetable chilli with white rice with side of cheese
Apple crumble and custard*

Week 2 Lunch

Monday

*Chicken in a tomato and vegetable sauce served with cous cous and roasted root vegetables
Natural Yoghurt and fruit puree*

Tuesday

*Vegetable Biryani served with rice, curry sauce and naan bread
Pear and apple tart with custard*

Wednesday

*Creamy fish OR vegetable Pie with a crispy mash potato topping served with peas and broccoli
Apple Cake & custard*

Thursday

*Lamb Bolognese served with spaghetti and garlic bread
Fruit salad*

Friday

*Toad in the hole served with carrot and swede mash, green beans and gravy
Pineapple upside down cake & custard*

Week 1 Tea

Monday

*A selection of cold meats and cheese with freshly baked bread, served with vegetable crudité's
Milk & Melon slices*

Tuesday

*Pasta with tuna sweetcorn and tomato sauce, served with vegetable crudité's
Milk & Shortbread biscuits*

Wednesday

*Tortilla Wraps served with diced chicken or cheese fillings, served with vegetable crudité's
Milk & Courgette chocolate cake*

Thursday

*Cheese and vegetable pizza served with vegetable crudité's
Milk & Apricot flapjack*

Friday

*Pitta pockets with tuna mayonnaise and sweet corn or grated cheese and cucumber, served with vegetable crudité's
Milk & Fruit tarts*

Week 2 Tea

Monday

*Bagels with cream cheese, ham and crudities
Milk & Ginger snaps*

Tuesday

*Chipolata sausages, freshly baked bread and butter, with vegetable crudité's
Milk & Fruit cake*

Wednesday

*Home-made scotch eggs served with crudities
Milk & Raisin & cherry flapjack*

Thursday

*Potato wedges with a selection of dips
Milk & Apple and cinnamon cake*

Friday

*Tuna pasta salad or vegetable and lentil pasta salad, with vegetable crudité's
Milk & Yoghurt*

Alternative options made suitable to dietary requirements

HEYC Menu



Week 3 Lunch

Monday

Macaroni cheese with a crispy breadcrumb topping,
served with broccoli and peas
Courgette and chocolate cake & custard

Tuesday

Roast chicken OR vegetable and lentil roast served with
diced potatoes, carrots, swede and gravy
Fruit salad

Wednesday

Salmon with noodles, broccoli, broad beans
& baby corn
Apple crumble with custard

Thursday

Cottage pie with a crispy mashed potato topping, served
with diced swede, carrots and gravy
Stewed pear with natural yoghurt

Friday

Vegetable enchiladas, served with
sweetcorn and peas
Apple strudel with custard

Week 3 Tea

Monday

Freshly baked bread, with cream cheese, grated cheese
and crudités
Milk & Berry compote with yoghurt

Tuesday

Cheese pinwheels with vegetable crudités
Milk & Shortbread biscuits

Wednesday

Dough balls and Garlic butter with crudities
Milk & Pineapple and apple slices

Thursday

Pitta strips with egg mayonnaise or hummus and
vegetable crudités
Milk & Blueberry cake

Friday

Crispy sausage rolls served with vegetable crudités and
a homemade tomato dip
Milk & Fruit jelly

Snack AM

Monday

Banana and oat cakes
Milk and Water

Tuesday

Nectarines, peaches and oranges
Milk and Water

Wednesday

Pepper, cucumber and tortilla triangles
Milk and Water

Thursday

Apple and orange slices
Milk and Water

Friday

Carrots and pitta strips with a selection of dips
Milk and Water

Snack PM

Monday

A selection of vegetable crudities
and rice cakes
Milk and Water

Tuesday

Cucumber and carrot sticks
with tzatziki dip and pitta slices
Milk and Water

Wednesday

Melon, pineapple and apple slices
Milk and water

Thursday

Cucumber, celery and breadsticks
with houmous dip
Milk and Water

Friday

Apple and Melon slices
With a natural yoghurt dip
Milk and Water

*Alternative options made suitable to dietary
requirements*