

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, OR Quorn 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, and 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

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

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

HEYC Menu



Week 1 Tea

Monday

A selection of cold meats and cheese with freshly baked bread, served with vegetable crudités
Milk & Courgette Chocolate cake

Tuesday

Pitta pockets with tuna mayonnaise and sweet corn or grated cheese and cucumber, served with vegetable crudités
Milk & Fruit tarts

Wednesday

Tortilla Wraps served with diced chicken or cheese fillings, served with vegetable crudités
Milk & Melon Slices

Thursday

Cheese and vegetable pizza served with vegetable crudités
Milk & Apricot flapjack

Friday

Pasta with tuna sweetcorn and tomato sauce, served with vegetable crudités
Milk & Shortbread biscuits

Week 2 Tea

Monday

Bagels with cream cheese, ham and crudities
Milk & Fruit cake

Tuesday

Tuna pasta salad or vegetable and lentil pasta salad, with vegetable crudités
Milk & Yoghurt

Wednesday

Handmade sausage rolls served with crudities
Milk & Raisin & cherry flapjack

Thursday

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

Friday

Chipolata sausages, freshly baked bread and butter, with vegetable crudités
Milk & Ginger biscuits

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

Veggie Chicken and bean fajita wraps with bell pepper and a
side of rice
Chocolate cake and custard

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

Alternative options made suitable to dietary requirements

HEYC Menu



Week 3 Tea

Monday

Pitta strips with egg mayonnaise or hummus and vegetable
crudités
Milk & Berry compote with yoghurt

Tuesday

Cheese pinwheels with vegetable crudités
Milk & Fruit cake

Wednesday

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

Thursday

Freshly baked bread, with cream cheese, grated cheese and
crudités
Milk & shortbread biscuits

Friday

Crispy sausage rolls served with vegetable crudités and a
homemade tomato dip
Milk and Yoghurt

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