

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

Vegetable chilli with white rice with side of cheese
Blueberry cake and natural yoghurt

Wednesday

Sausage, OR Quorn sausage, mash and red onion gravy with side of peas
Fruit salad

Thursday

Tuna and sweetcorn pasta bake with Garlic bread
Seasonal fruit Sorbet

Friday

Chicken goujons OR vegetarian Falafel served with sweet potato wedges, mixed vegetables and a tomato dip
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

Bean Pie with a crispy mash potato topping served with peas and broccoli
Apple Cake & custard

Thursday

Vegetable Biryani served with rice, curry sauce and naan bread
Fruit salad

Friday

Lamb Bolognese served with spaghetti and garlic bread
Pear and apple tart with custard

HEYC Menu



Week 1 Tea

Monday

Cheese and crackers with Tomatoes
Milk & Courgette Chocolate cake

Tuesday

Chipolata sausages, freshly baked bread and butter, with vegetable crudités
Milk & Fruit tarts

Wednesday

Pitta pockets with cream cheese and houmous, served with vegetable crudités
Milk & Melon Slices

Thursday

A selection of cold meats and cheese with freshly baked bread, served with vegetable crudités
Milk & Apricot flapjack

Friday

Vegetable cous cous and crudités
Milk & Shortbread biscuits

Week 2 Tea

Monday

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

Tuesday

Potato wedges with a selection of dips, with crudities
Milk & Melon

Wednesday

Tomato and lentil pasta, with crudities
Milk & Raisin & cherry flapjack

Thursday

Handmade sausage rolls served with crudities
Milk & Apple and cinnamon cake

Friday

Cheese pin wheels, served with crudities
Milk & Ginger biscuits

Week 3 Lunch

Monday

Macaroni cheese with a crispy breadcrumb topping,
Served with broccoli and peas
Fruit salad

Tuesday

Veggie Chicken and bean fajita wraps with bell pepper and a
side of rice
Courgette and chocolate cake & custard

Wednesday

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

Thursday

Roast chicken OR vegetable and lentil roast served with diced
potatoes, carrots, swede and gravy
Stewed pear with natural yoghurt

Friday

Cottage pie with a crispy mashed potato topping, served with
diced swede, carrots and gravy
Fruit cake and custard

Snack AM

Monday

Banana and Rice cakes
Milk and Water

Tuesday

Peaches and oranges, with bread sticks
Milk and Water

Wednesday

Pepper, cucumber and rice cakes
Milk and Water

Thursday

Apple and orange slices (SR banana) with bread sticks
Milk and Water

Friday

Carrots and pear with rice cakes
Milk and Water

**Alternative options made suitable to dietary
requirements**

HEYC Menu



Week 3 Tea

Monday

Pitta strips with Tuna or houmous and vegetable crudités
Milk & Berry compote with Cake

Tuesday

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

Wednesday

Cheese and vegetable pizza served with vegetable crudités
Flapjack

Thursday

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

Friday

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

Snack PM

Monday

Melon and bread sticks
Milk and Water

Tuesday

Pear and apple with rice cakes
Milk and Water

Wednesday

Pineapple and apple slices (SR Melon) with bread sticks
Milk and water

Thursday

Cucumber and carrot with rice cakes
Milk and Water

Friday

Banana and bread sticks
Milk and Water