



## Field Heath House School Summer Lunch Menu 2018 -2019

This menu will run until Autumn Mid Term 2018 & again from Easter 2019 to Summer 2019

Day	Week 1	Week 2	Week 3	Week 4	Daily Extras
Monday	Sausage & Onion Vegetable Sausage in Tomato Sc Mashed Potatoes Mixed Vegetables Yoghurt	Tuna Pasta Bake Potato & Leek Pie Mixed Vegetables  Yoghurt	Burger - Meat & Vegetable Selection of accompaniments Potato Wedges  Yoghurt	Pepperoni Pizza Vegetable Pizza Salad Bar & Dips  Fruit Salad	Selection of salads available daily  Selection of fresh fruit available daily
Tuesday	Chicken & Mushroom Pie Vegetable Quiche New Potatoes Peas Apple & Raisin Pie	Meatloaf Cheese & Tomato Omelet New Potatoes Peas Provencal Fruit Sponge & Custard	Sausage Casserole with Potato Macaroni Cheese  Green Beans Pear Jalousie	Chicken Curry Mixed Bean Curry Pilau Rice Peas Yoghurt	
Wednesday	Bolognaise Vegetable Chili Spaghetti Green Salad Yoghurt	Lasagna Vegetable Frittata Garlic Bread Salad Yoghurt	Roast Chicken Roast Vegetable Pattie Roast Potatoes Carrots & Parsnips Yoghurt	Tomato & Chili Beef Vegetable Bolognaise Spaghetti Carrots & French Beans Yoghurt	
Thursday	Ham & Cheese Omelet Honey Roast Vegetables Boulangaire Potatoes Carrots & Sweetcorn Frozen Fruit Yoghurt	Sweet & Sour Pork Stir Fried Vegetables Noodles Carrots & Green Beans Fruit Jelly	Baked Potatoes Baguette Selection of fillings Mixed Salad Fruit Crumble & Custard	Chicken Frittata Vegetable Pasta Bake Garlic Bread Salad Bar Fruit Mousse	
Friday	Battered Fish Pizza Chips Baked Beans Mint Ice Cream	Battered Fish Cauliflower Cheese Chips Mushy Peas Neapolitan Ice Cream	Battered Fish Vegetable Quiche Chips Baked Beans Vanilla Ice Cream	Battered Fish Cheese & Tomato Omelet Sauté Potatoes Spaghetti Hoops Strawberry Ice Cream	

- **Also available daily:** A selection of salads including a 'Salad of the day', cold meats, fresh fruit of the day & cheese and biscuits.  
Where not specified, the 1<sup>st</sup> choice each day is a meat option & the 2<sup>nd</sup> is a vegetarian option.
- Filtered water is freely available, so please feel free to send in your child's water bottle. Bread is also available even where not specified on the menu.
- **Special dietary needs are catered for:** Gluten free options or alternatives are provided. Halal options or alternatives are provided.
- **Refrigerated storage is provided for children who bring packed lunches into school.** Please refer to Governments guidance on **Healthy Packed Lunches**. Sweets & fizzy drinks must not be sent in as part of your child's packed lunch.
- Packed lunches must not contain **NUTS, NUT PRODUCTS** or food items that **MAY CONTAIN TRACES OF NUTS**.
- **Menus are subject to change due to product availability, product quality, special events and other circumstances beyond our control.**