

Heddon on the Wall

Primary School



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Choice of Pizza Slice. Served with Wedges & Sweetcorn	Homemade Mince Beef Pie with a Suet Crust Baby Roast Potatoes & Carrots	Geordie Banger Toad in the Hole Served with Mash, Veg & Gravy	Chicken Katsu Curry Sticky Rice, Grated Carrot & Sweetcorn	Lightly Battered Cod Fillet Portion, served with Chips and Beans or Peas.
VEGETARIAN OPTION	Homemade Tomato & Lentil Soup Served with a Cheese Sandwich	Rialtos Pasta Napoli Served with Garlic Bread & Salad or Vegetables	Veggie Sasuage Toad in the Hole Served with Mash, Veg & Gravy	Pele Tomato & Mascarpone Penne Pasta with Garlic Bread & Salad or Vegeetables	Slightly spicy Cheese & Bean Pasty Served with Chips & Beans or Peas
SANDWICH OPTION		Wholemeal Sandwich with a Choice of Filling Served with Side Salad & Nachos	Crusty Baguette with a Choice of Filling Served with Side Salad & Nachos	Wholemeal Sandwich with a Choice of Filling Served with Side Salad & Nachos	Wholemeal Sandwich with a Choice of Filling Served with Side Salad & Chips
JACKET POTATO OPTION	Each day we have jacket potatoes available with a choice of fillings served with a side salad.				
DESSERT	Lemon Shortbread Cheese & Biscuits Fresh Fruit Choice Choice of Yoghurt	Jam Roly Poly & Custard Cheese & Biscuits Fresh Fruit Choice Choice of Yoghurt	Selection of Jelly Cheese & Biscuits Fresh Fruit Choice Choice of Yoghurt	Chocolate Brownie Cheese & Biscuits Fresh Fruit Choice Choice of Yoghurt	Ice Cream Cheese & Biscuits Fresh Fruit Choice Choice of Yoghurt

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Choice of Pizza Slice. Served with Wedges & Sweetcorn	Chicken Tikka Masala with Rice, Naan Bread & Broccoli	Roast Pork Loin & all The Trimmings Served with Roast Potatoes, Vegetables	Minced Beef & Dumplings Served with skin on Mash, Carrots & Broccoli	Lightly Battered Cod Bites Served with Chips & Peas or Beans
VEGETARIAN OPTION	Vegan Lentil & Vegetable Pasta Bolognaise with Salad & Garlic Bread	Rialtos Pasta Napoli Served with Garlic Bread & Salad or Vegetables	Macaroni Cheese Served with Garlic Bread & Salad or Vegetables	Pele Tomato & Mascarpone Penne Pasta with Garlic Bread & Salad or Vegetables	Five Bean Burrito with Chips & Peas or Beans
SANDWICH OPTION		Wholemeal Sandwich with a Choice of Filling Served with Side Salad & Nachos	Crusty Baguette with a Choice of Filling Served with Side Salad & Nachos	Wholemeal Sandwich with a Choice of Filling Served with Side Salad & Nachos	Wholemeal Sandwich with a Choice of Filling Served with Side Salad & Chips
JACKET POTATO OPTION	Each day we have jacket potatoes available with a choice of fillings served with a side salad.				
DESSERT	Anzac Biscuits Cheese & Biscuits Fresh Fruit Choice Choice of Yoghurt	Apple & Berry Crumble Cheese & Biscuits Fresh Fruit Choice Choice of Yoghurt	Fruit Salad Cheese & Biscuits Fresh Fruit Choice Choice of Yoghurt	Carrot Cake Cheese & Biscuits Fresh Fruit Choice Choice of Yoghurt	Cheesecake Slice Cheese & Biscuits Fresh Fruit Choice Choice of Yoghurt

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WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSE

Choice of Pizza Slice.
Served with Wedges & Sweetcorn

Swedish Meatballs with Creamed Potatoes & Vegetable Medley

Roast Chicken, Stuffing & Yorkshire Pudding
Served with Fresh Potatoes & Vegetables

Sticky Honey & Garlic Glazed Chicken Thighs with Savoury Rice & Broccoli

Fish Fingers
Served with Chips & Peas or Breans.

VEGETARIAN OPTION

Tomato & Vegetable Soup with a Cheese Panini

Rialtos Pasta Napoli
Served with Garlic Bread & Salad or Vegetables

Macaroni Cheese
Served with Garlic Bread & Salad or Vegetables

Pele Tomato & Mascarpone Penne Pasta with Garlic Bread & Salad or Vegeatables

Quorn Dippers
Served with Chips & Peas or Beans.

SANDWICH OPTION

Wholemeal Sandwich with a Choice of Filling
Served with Side Salad & Nachos

Crusty Baguette with a Choice of Filling
Served with Side Salad & Nachos

Wholemeal Sandwich with a Choice of Filling
Served with Side Salad & Nachos

Wholemeal Sandwich with a Choice of Filling
Served with Side Salad & Chips

JACKET POTATO OPTION

Each day we have jacket potatoes available with a choice of fillings served with a side salad.

DESSERT

Flapjack
Cheese & Biscuits
Fresh Fruit Choice
Choice of Yoghurt

Rice Pudding with Fruit
Cheese & Biscuits
Fresh Fruit Choice
Choice of Yoghurt

Fresh Fruit Salad
Cheese & Biscuits
Fresh Fruit Choice
Choice of Yoghurt

Chocolate & Beetroot Muffins
Fresh Fruit Choice
Choice of Yoghurt

Waffles & Banana
Cheese & Biscuits
Fresh Fruit Choice
Choice of Yoghurt