Heathland School

Weekly menu

WEEK ONE: w/c: 1/9, 22/9, 13/10, 10/11, 1/12, 5/1/2026, 26/1

Monday	Tuesday	Wednesday	Thursday	Friday
Butterbean Stew with Rice (V)	Peri- Peri Style Chicken with Rice	Lamb Chilli with Rice	Chicken Arrabiata Pasta Bake Wheat, Milk	Fish Fingers Wheat, Fish with Chips & Tomato Ketchup
Tomato & Basil Pasta (V) Wheat	Sweet Potato & Roasted Red Peppers with Rice (V)	Mixed bean Chilli with Rice (V)	Chickpeas & Dhal Curry with Rice (V)	Falafel & Pitta Wheat with Chips (V)
Jacket Potatoes with Baked Beans, Cheese Milk Bread Wheat & Selection of Salad	Pasta Primavera Wheat, Milk Bread Wheat & Selection of Salad	Jacket Potatoes with Baked Beans, Cheese Milk Bread Wheat & Selection of Salad	Tomato & Basil Pasta Wheat Bread Wheat & Selection of Salad	Pesto Style Penne Pasta Wheat, Milk Bread Wheat & Selection of Salad
Apple Flapjack Wheat, Oats	Jelly with Fruits	Granola with Yoghurt Oats Milk & Fruits	Berry Swirl Sponge Wheat, Egg with Custard Milk	Ice Cream Milk with Fruit Wedges

Available daily
Please ask the catering manager for food allergen information

Available Daily, Bread, Salad Selection, Fruits and Yoghurt……
Any meat dishes will include a halal and non-halal option.

Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.

HARRISON
food with thought

Heathland School

Weekly menu

WEEK TWO: w/c: 8/9, 29/9, 20/10, 17/11, 8/12, 12/1/2026, 2/2

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni and Cheese Wheat, Milk (V)	Chicken Sausages Sulphites, Soya with Mashed Potato Milk & Gravy	Chicken Burrito Soft Tortilla Wheat with Rice	Lamb Shepherd's Pie	Fish & Wheat, Fish Chips & Tomato Sauce
Vegetable Biryani (V)	Vega Sausages with Mashed Potato Milk & Gravy (V)	Mixed bean Chilli Soft Tortilla Wheat and Rice (V)	Vegan Mince & Lentil Pie (Mashed Potato Topping) Milk (V)	Spinach & Pepper Quiche Chips and Tomato sauce Eggs, Milk (V)
Jacket Potatoes with Baked Beans, Cheese Milk Bread Wheat & Selection of Salad	Tomato & Basil Pasta Wheat Bread Wheat & Selection of Salad	Jacket Potatoes with Baked Beans, Cheese Milk Bread Wheat & Selection of Salad	Pasta Primavera Wheat Bread Wheat & Selection of Salad	Pesto Penne Pasta Wheat, Milk Bread Wheat & Selection of Salad
Apple Crumble Wheat with Custard Milk	Oat Cookies Wheat, Milk with Fruit Wedges	Vanilla Sponge Wheat, Eggs with Custard Milk	Ice Cream Milk with Fruit Wedges	Chocolate Sponge Wheat, Eggs with Chocolate Sauce Milk

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Weekly menu

WEEK THREE: w/c: 15/9, 6/10, 3/11, 24/11, 15/12, 19/1/2026, 9/2

Monday	Tuesday	Wednesday	Thursday	Friday
Pesto Style Pasta Wheat, Milk (V)	Chicken Pie Wheat, Milk with Crushed Potatoes	BBQ Chicken Pizza Wheat, Milk,	Lamb Bolognaise with Spaghetti Wheat	Fish Fingers Wheat, Fish with Chips & Tomato Sauce
Caribbean Rice & Peas with Spiced Veg (V)	Vegetable Balti with Rice (V)	Margherita Pizza Wheat, Milk (V)	Vegetable & Lentil Bolognaise with Spaghetti Wheat (V)	Vegetable Pattie with Chips and Tomato sauce (V)
Jacket Potatoes with Baked Beans, Cheese Milk Bread Wheat & Selection of Salad	Penne Pasta with Arrabiata Sauce Wheat Bread Wheat & Selection of Salad	Jacket Potatoes with Baked Beans, Cheese Milk Bread Wheat & Selection of Salad	Pasta Primavera Wheat Bread Wheat & Selection of Salad	Tomato and Basil Pasta Wheat Bread Wheat & Selection of Salad
Fruit Crumble Wheat with Custard Milk	Granola Yoghurt Wheat, Milk with Fruit Wedges	Vanilla Shortbread with Fruits Slices Wheat	Jelly with Fruit Wedges	Ice Cream with Fruit Wedges Milk

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