



Hero Winter Menu 25-26

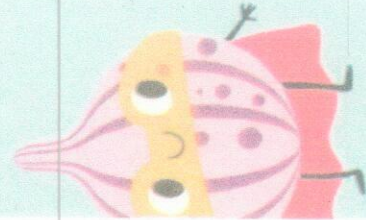
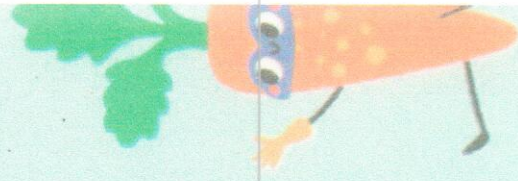


**SUPER
CHARGE
YOUR
LUNCH!**

WEEK 1: 3 Nov, 24 Nov, 15 Dec, 5 Jan, 26 Jan, 23 Feb, 16 Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HALAL PORK FREE	Halal Chicken Burger	Halal Chicken Pie & Gravy	Halal Roast Chicken with Stuffing & Gravy	Quorn Dipper Taco with Sweet Chilli Sauce (Ve)	Fish Fillet Fingers
MAIN MEAL 2	Potato Frittata (v)	Swedish Style Plant-Based Meatballs (New) (v)	Plant-Based Shepherds Pie (Ve)	Mac 'n' Cheese (v)	Margherita Pizza (v)
SIDE DISH	Potato Wedges or Pasta	Mashed Potatoes or Pasta	Roast Potatoes or Wholemeal Pasta	Diced Potatoes or Herby Garlic Bread	Chips or Tricolour Pasta
VARIOUS	Cheesy Pasta	Cheesy Pasta	Cheese Roll	Jacket Potato Baked Beans (Ve), Grated Cheese (v)	Jacket Potato Baked Beans (Ve), Grated Cheese (v)
DESSERT	Apple Strudel & Custard (v) (50% Fruit)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) (50% Fruit)	Chocolate Orange Jelly Mousse (v) (New)	Gingerbread Biscuit (v)

BECOME A SUPER NEARLY **SUPER HERO!**



Vegetables and a variety of salads are served daily. V = Vegetarian Ve = Vegan





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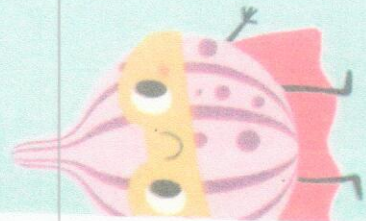


WEEK 2: 10 Nov, 1 Dec, 12 Jan, 2 Feb, 2 Mar, 23 Mar

**SUPER
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YOUR
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BECOME
A SUPER
HEALTHY
**SUPER
HERO!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HALAL PORK FREE	Quorn Hotdog (v)	Halal Piri Piri Chicken Rice	Halal Roast Chicken with Stuffing & Gravy	Halal Chicken Curry	Fish Fillet Fingers
MAIN MEAL 2	Margherita Wrap (v)	Roasted Butternut Squash Curry (Ve)	Roast Quorn Fillet (Ve) with Stuffing & Gravy	Breaded Bean & Vegetable Grill (Ve)	Margherita Pizza (v)
SIDE DISH	Potato Wedges or Pasta	Mashed Potatoes or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Brown & White Rice or Pasta	Chips or Tricolour Pasta
VARIOUS	Jacket Potato Baked Beans (Ve), Grated Cheese (v).	Cheesy Pasta	Cheese Roll	Cheesy Pasta	Jacket Potato Baked Beans (Ve), Grated Cheese (v).
DESSERT	Pear & Apple Crumble & Chocolate Custard (50% Fruit) (v)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (50% Fruit) (Ve)	Iced School Sponge (v)	Favourite Cookie (Ve)

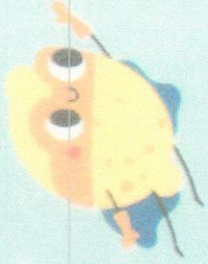


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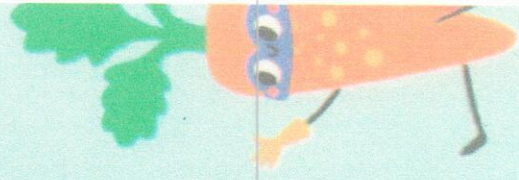


WEEK 3: 17 Nov, 8 Dec, 19 Jan, 9 Feb, 9 Mar

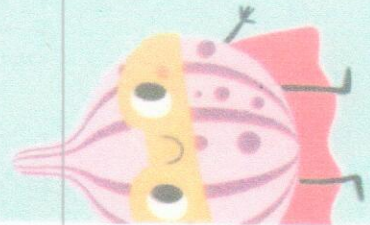
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BECOME
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HALAL PORK FREE	Halal Beef Bolognese	Halal Chicken Katsu Curry	Halal Roast Chicken with Stuffing & Gravy	Quorn Burger (V)	Battered Fish Fillet
MAIN MEAL 2	Plant-Based Grill (Ve)	Cheese Pinwheel (V)	Plant-Based Sausages & Gravy (Ve)	Vegetarian Lasagne (V)	Margherita Pizza (V)
SIDE DISH	Spaghetti or Potato Wedges	Brown & White Rice or Pasta	Roast Potatoes or Wholemeal Pasta	Diced Potatoes or Herby Garlic Bread	Chips or Tricolour Pasta
JACKET POTATO VARIOUS	Cheese Roll	Cheesy Pasta	Jacket Potato Baked Beans (Ve), Grated Cheese (V)	Cheesy Pasta	Jacket Potato Baked Beans (Ve), Grated Cheese (V)
DESSERT	Fresh Fruit Wedges (Ve)	Oaty Fruit Crunch (Ve) (50% Fruit)	Fresh Fruit Jelly (Ve) (50% Fruit)	Apple Sponge & Custard (V)	Chocolate Brick Wall (Ve)



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