

Heptonstall J & I School Menu

Prepared by Scout Road Academy



Jacket Potatoes available daily

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein Selection (Dishes marked with * have extra vegetables blended in)	Meatballs in Tomato Sauce Pasta with Tomato Sauce & Cheese (V)	Cheese & Ham Puff Vegetable Sausage Roll (V)	Roast Gammon & Gravy Roast Vegetables in Tomato Sauce (V)	Oven-baked Fish Fingers Cheese Omelette (V)	Roast Chicken Wrap Pizza Wrap (V)
Carbohydrate Selection	Spaghetti Garlic Bread	Potato Wedges	Roast Potatoes	Steamed Potatoes	Hand-cut Chips
Vegetable Selection	Salad Bar Garden Peas	Salad Bar Sweetcorn	Salad Bar Cauliflower & Broccoli	Salad Bar Carrots & Green Beans	Salad Bar Baked Beans
Sweet Selection (Fresh Fruit and Yoghurt available daily)	Assorted Homemade Baking	Rice Pudding Assorted Homemade Baking	Assorted Homemade Baking	Sponge & Custard	Choc Ices
Weeks Commencing: 1st September 22nd September 13th October 10th November 1st December					

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	Monday	Tuesday	Wednesday	Thursday	Friday
Protein Selection (Dishes marked with * have extra vegetables blended in)	Chinese Tikka Curry Vegetable Samosa(V)	Breaded Fish Tomato and Vegetable Pasta (V)	Minced Beef Pie & Gravy Cheese Pasty (V)	Sausages & Gravy Vegan Cottage Pie (V)	Bacon Sandwiches Margherita Pizza (V)
Carbohydrate Selection	Rice	Potato Wedges	Roast Potatoes	Steamed Potatoes	Hand-cut Chips
Vegetable Selection	Salad Bar Garden Peas	Salad Bar Sweetcorn	Salad Bar Cauliflower & Broccoli	Salad Bar Carrots & Green Beans	Salad Bar Baked Beans
Sweet Selection (Fresh Fruit and Yoghurt available daily)	Assorted Homemade Baking	Rice Pudding Assorted Homemade Baking	Assorted Homemade Baking	Fruit Crumble & Custard	Cornflake Crispy Bun
Weeks Commencing: 8th September 29th September 20th October 17th November 8th December					

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	Monday	Tuesday	Wednesday	Thursday	Friday
Protein Selection (Dishes marked with * have extra vegetables blended in)	Bolognese Veggie Bolognese (V)	Sausage Roll Vegetarian Toad in the Hole (V)	Roast Chicken & Gravy Macaroni Cheese (V)	Pepperoni & Cheese Wrap Pizza Puff (V)	Beefburger Veggie Nugget Burger (V)
Carbohydrate Selection	Spaghetti Garlic Bread	Potato Wedges	Roast Potatoes	Garlic pasta	Hand-cut Chips
Vegetable Selection	Salad Bar Garden Peas	Salad Bar Green Beans & Carrots	Salad Bar Cauliflower & Broccoli	Salad Bar Sweetcorn	Salad Bar Baked Beans
Sweet Selection (Fresh Fruit and Yoghurt available daily)	Assorted Homemade Baking	Rice Pudding Assorted Homemade Baking	Assorted Homemade Baking	Sponge & Custard	Jelly & Ice Cream
Weeks Commencing: 15th September 6th October 3rd November 24th November 15th November					

Menus may be subject to change at short notice due to produce availability.