

Heanor Gate Week 1

MONDAY

Chicken Chow Mein

Garden Peas

Sweetcorn

Garlic Slice

OR

Halloumi & Red Pepper
Stack

Garden Peas

Sweetcorn

Garlic Slice

Lemon Drizzle Cake

Custard

TUESDAY

Beef Keema Curry

Steamed Rice

Naan Bread

Roast Vegetables

OR

Vegetable Balti

Steamed Rice

Naan Bread

Roast Vegetables

Pineapple & Coconut
Sponge

Custard

WEDNESDAY

Roast Pork

Stuffing

Creamed Potatoes

Fresh Broccoli

Cauliflower

OR

Vegetable Cottage Pie

Fresh Broccoli

Cauliflower

Pear & Honey sponge

Custard

THURSDAY

Pepperoni Mince &

Pasta

OR

Quorn Bolognise

Baton Carrots

Green Beans

Cornflake Tart

Custard

FRIDAY

Battered Fish

Oven Wedges

Baked Beans

Garden Peas

OR

Moroccan
mushrooms with

Cous-Cous

Baked Beans

Garden Pease

Berry & Lemon
Muffins

Custard

Heanor Gate Week 2

MONDAY

Indian Style Patties

Sweetcorn

Steamed Rice

Naan Bread

OR

Sweet Potato &

Chickpea Dahl Curry

Sweetcorn

Steamed Rice

Naan Bread

Ginger & Treacle Cake

Custard

TUESDAY

Chicken Traybake

Baton Carrots

Parisienne Potatoes

OR

Vegetable Chow Mein

Baton Carrots

Garlic Slice

Iced Carrot Cake

Custard

WEDNESDAY

Roast Beef

Leeks

Green Cabbage

Chive Crushed

Potatoes

OR

Vegetarian Mince Roll

Leeks

Green Cabbage

Chive Crushed

Potatoes

Chocolate & Banana
Sponge

THURSDAY

Sticky Honey Mustard

Sausages

Fresh Broccoli

Cauliflower

Creamed Potatoes

OR

Mushroom Stroganoff

Fresh Broccoli

Cauliflower

Creamed Potatoes

Date & Cocoa Brownie

Custard

FRIDAY

Battered Fish

Baked Beans

Garden Peas

Oven Baked
Potato Wedges

OR

Thai Style Jasmine
Rice with Quorn

Baked Beans

Garden Peas

Krispy Cake

Custard

Heanor Gate Week 3

MONDAY

Philly Ginger Chicken

Steamed Rice

Garlic Slice

OR

Broccoli, Chilli & Lemon
Spaghetti

Garlic Slice

Green Beans

Paris Sandwich

Custard

TUESDAY

Minced Beef Pie

Green Beans

Cauliflower

New Potatoes

OR

Vegetarian Casserole

Green Beans

Cauliflower

New Potatoes

Mixed Berry & Apple
Cobbler

Custard

WEDNESDAY

Roast Chicken

Baton Carrots

Roast Parsnips

Creamed Potatoes

OR

Red Lentil & Cheese
Enchiladas

Baton Carrots

Roast Parsnips

Lemon Pudding

Custard

THURSDAY

Lasagne

Fresh Broccoli

Baton Carrots

OR

Vegetarian Chilli & Rice

Fresh Broccoli

Baton Carrots

Rhubarb & Custard
Cake

Custard

FRIDAY

Salmon Fish Cake

Baked Beans

Garden Peas

or

Herby Dice

Or

Pea & Feta Pasta

Baked Beans

or

Garden Peas

Butterscotch Tart

Custard