

Heaton St Barnabas' C of E Primary School

Homemade bread,
selection of seasonal
vegetables / fresh salad
and fresh fruits served
daily

Wk 1 - 3rd Nov, 24th Nov,
15th Dec, 5th Jan, 26th Jan,
16th Feb, 9th Mar, 30th Mar
Wk 2 - 10th Nov, 1st Dec,
22nd Dec, 12th Jan, 2nd Feb,
23rd Feb, 16th Mar, 6th Apr
Wk 3 - 17th Nov, 8th Dec,
29th Dec, 19th Jan, 9th Feb,
2nd Mar, 23rd Mar, 13th Apr

MON

TUES

WED

THUR

FRI

WEEK 1

 **Halal Chicken Breast Nuggets**
(HMC Accredited Halal Chicken Breast lightly battered, served with Baked Jacket Wedges & optional Garlic Dip)

 **Crispy Dippers**
(A blend of Vegetables and Potato coated in Breadcrumbs served with Ketchup and baked Jacket Wedges)

 **Spaghetti Marinara**
(A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese)

Assorted Jacket Potatoes / Selection of Sandwiches

 **Strawberry Sponge & Custard**
(Homemade, light Vanilla Sponge with a Strawberry Jam swirl, served with Custard)

 **Loaded Wedges with a mild Mexican Veg Chilli**
(Vegan Mince in a mild, homemade Chilli Sauce, served on Baked Jacket Wedges with toppings)

 **Garden Harvest Tikka & Rainbow Rice**
(Indian inspired aromatic Vegetable Curry served with Rainbow Rice)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

 **Pears & Ice Cream with Syrup**
(Vanilla Ice Cream with Tinned Pear Slices with a Chocolate flavoured Syrup)

 **Halal Roast Chicken Breast**
(Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy)

 **Pasta Bolognese**
(A rich Tomato sauce with Soya Mince, Peppers and Herbs)

Assorted Jacket Potatoes / Selection of Sandwiches

 **Fruity Flapjack**
(A sweet Bar made with Oats, Golden Syrup & Butter with Fruit)

 **Halal Keema & Peas**
(Red Tractor Accredited HMC Beef Mince & Peas in a Spicy Pilau Rice)

 **Golden Cheese Whirl**
(Cheese, Potato & Onion encase in Puff Pastry, served with baked Jacket Wedges)

 **Pomodoro Pasta**
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

 **Chocolate Sponge & Chocolate Sauce**
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

 **Classic Cheese & Tomato Pizza with Coleslaw & Salad**
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

 **Arrabiata Pasta**
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes / Selection of Sandwiches

 **Banana Muffins**
(A fluffy Vanilla Sponge, with Bananas & drizzled with Icing)

WEEK 2

MSC Battered Fish Fillet
(MSC Battered Fillet of Fish, served with Baked Jacket Wedges)

 **Vegetable Pakoras**
(Mixed Vegetables & Onion coated in Tempura Batter, served with Baked Jacket Wedges & Raita)

Assorted Jacket Potatoes / Selection of Sandwiches

 **Marble Sponge & Chocolate Sauce**
(Homemade Sponge with hints of both Vanilla & Chocolate Cake, served with Chocolate Sauce)

 **Halal Beef & Red Lentil Bolognese & Garlic Bread**
(Red Tractor Accredited HMC Beef Mince in a rich Tomato, Herb & Garlic Sauce, served with Fusilli Pasta)

 **Golden Cheese Flan**
(Mature Cheddar Cheese & Egg Baked in a Pastry Case, served with Seasoned Potatoes)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

 **Butterfly Buns**
(Individual decorated Sponge-based Dessert)

 **Halal Hot Chicken Melt**
(Red Tractor Accredited HMC sliced Chicken Breast & Melted Cheese in a White part baked Roll)

 **Fajita Pasta Bake**
(Pasta smothered in a Creamy sauce with Fajita Spice & topped with Melted Cheese, served with Crusty Bread)

 **Garden Harvest Tikka & Rainbow Rice**
(Indian inspired aromatic Vegetable Curry served with Rainbow Rice)

Assorted Jacket Potatoes / Selection of Sandwiches

 **Decorated Fruit Jelly**
(Jelly with Fruit, topped with Fresh Cream)

 **Halal Chicken Rogan Josh**
(Red Tractor Accredited HMC diced Chicken in a Tomato based Curry Sauce with Pilau Rice or Naan Bread)

 **Creamy Mac & Cheese**
(A Macaroni Pasta dish, coated in a Creamy Mature Cheddar Sauce, served with Crusty Bread)

 **Pomodoro Pasta**
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

 **Sprinkle Cake**
(Homemade Vanilla Sponge, lightly topped with Water Icing and Sprinkles)

 **Classic Cheese & Tomato Pizza with Coleslaw & Salad**
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

 **Loaded Rainbow Pizza**
(Wholemeal 50/50 Base topped with a lightly spiced Sauce, and topped with Mozzarella/Cheddar Cheese & Vegetables)

 **Arrabiata Pasta**
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes / Selection of Sandwiches

 **Gallydale Biscuits**
(Homemade, crumbly, Oaty Biscuit)

WEEK 3

MSC Breaded Fish Fillet Fingers
(MSC Fish Fillet Fingers, served with Seasoned Potatoes)

MSC Salmon & Sweet Potato Fishcake
(MSC Salmon & Sweet Potato, served with Seasoned Potatoes)

 **Bombay Biryani Special**
(Curried Vegetables and Rice served with Naan Bread)

 **Spaghetti Marinara**
(A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

 **Chocolate Crispy Crunch**
(A sweet Bar made from puffed Rice, Cocoa & Syrup)

 **Halal Creamy Chicken Pasta & Crusty Bread**
(Red Tractor Accredited HMC diced Chicken in a homemade Creamy Sauce with Garlic, served with Penne Pasta)

 **BBQ Quorn Pasta**
(Quorn Pieces in a Barbeque flavoured Tomato Sauce, served with Wholemeal Pasta)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

 **Vanilla Sponge**
(Homemade, light Vanilla Sponge with a hint of Vanilla, served with Custard)

 **Halal Cottage Pie**
(Red Tractor Accredited HMC Beef Mince in a Gravy with Onions, topped with Mashed Potatoes & Cheese served with Yorkshire Pudding & Gravy)

 **Golden Cheese Roll**
(Cheese mix wrapped in puff pastry, served with Creamed Potatoes & Seasonal Vegetables)

 **Chinese Curry**
(A Chinese Style Vegetable Curry served with Rainbow Rice)

Assorted Jacket Potatoes / Selection of Sandwiches

 **Apple Cake**
(Baked Vanilla Sponge with blended Apples & topped with Icing Sugar)

 **Loaded Wedges with a Mild Mexican Halal Chilli**
(Red Tractor Accredited HMC Beef Mince in a mild, homemade Chilli Sauce served on Baked Jacket Wedges)

 **Pomodoro Pasta**
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)

Assorted Jacket Potatoes / Selection of Sandwiches / Hot Sub Roll

 **Peaches & Ice Cream with Syrup**
(Vanilla Ice Cream with Tinned Peach Slices with a Chocolate flavoured Syrup)

 **Classic Cheese & Tomato Pizza with Coleslaw & Salad**
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

 **Mini Power Ball Pizza**
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese & Meatless Balls)

 **Arrabiata Pasta**
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes / Selection of Sandwiches

 **Chocolate Sponge & Chocolate Sauce**
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)



the **food quarter**

FM SERVICES

For full allergen
& nutritional
information
head to our app

