

2 Course lunch £2.50

Choose a Main Meal Option
Or Sandwich
Served with
Seasonal Vegetables & Potatoes
&
Help Yourself Salad Bar

Choose either the Daily Dessert Option
or
Fresh Fruit Pot,
Yoghurt
Piece of Fruit,
Or Homemade Biscuit

HMS Week One Menu

Week Beginning - 13th November, 4th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Main Course	Sweet & Sour Chicken served with Noodles	Mince & Dumplings	Beef Lasagna	Fish & Chips	Pork Korma with Rice
Main Course	Pepperoni Pizza Baguette	Sausage Roll	Fish Cakes	Breaded Chicken in a Bun	Green Pesto Pasta served with Garlic Bread
Vegetarian Option	Cheese Pizza Baguette	Mexican Bean Wrap or Cheese Wrap	Baked Cheese Roll	Vegetable Quarter Pounder in a Bun	Vegetarian Chili with Tortilla Chips
An option of potatoes, rice, pasta or bread including seasonal vegetables are served daily with all main courses (Chips served on a Thursday)					
Pasta	Pasta served daily with a selection of Vegetarian/Vegan Sauces and Meat Sauces				
Jacket potatoes	Every day we provide freshly baked Jacket Potatoes with a selection of fillings and side salad. Cheese, Cheese and Beans, Beans, Tuna mayo				
Sandwiches	Selection of Sandwiches available daily				
Salad bar	A daily selection of salad items e.g. mixed salad, sliced peppers, carrot sticks, cucumber sticks coleslaw, pasta salad, potato salad, cous cous salad, etc.				
Dessert Option	Home made desserts of the day. Alternatively Fresh Fruit Pots, Selection of Yoghurts or a piece of Fresh Fruit are available as a healthy option.				

HMS Week Two Menu 20th November, 11th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Main Course	Chilli Beef Tacos	Spaghetti Bolognaise	Roast Pork & Yorkshire Pudding	Fish Fingers & chips	Chicken Tikka Masala with Rice and Naan bread
Main course	Chicken Enchiladas	Paninis	Macaroni Cheese & Crusty Bread	Beef burger in a bun	Red Pesto Penne Pasta Served with Garlic Bread
Vegetarian option	Cheese Fajita Wrap	Pizzini	Vegetarian sausage served with Yorkshire pudding	Vegan Sausage Roll	Loaded Cheesy Jacket Potato

An option of potatoes, rice, pasta or bread including seasonal vegetables are served daily with all main courses **(Chips served on a Thursday)**

Pasta	Pasta served with a selection of Vegetarian/Vegan & Meat Sauces				
Jacket potatoes	Every day we provide freshly Baked Jacket Potatoes with a Selection of Fillings and Side Salad. Cheese, Cheese and Beans, Beans, Tuna mayo				
Sandwiches	Selection of Sandwiches available Daily				
Salad bar	A daily selection of salad items e.g. mixed salad, sliced peppers, carrot sticks, cucumber sticks coleslaw, pasta salad, potato salad, cous cous salad, etc.				
Dessert Option	Home made desserts of the day. Alternatively Fresh Fruit Pots, Selection of Yoghurts or a piece of Fresh Fruit are available as a healthy option.				

HMS Week Three Menu

Week Beginning - 6th November, 27th November, 18th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Main Course	Pork Meatballs with Spaghetti	Beef Burrito	Mince Pie served with potatoes and veg	Pepperoni Pizza & Chips	Chicken Goujons in a Wrap
Main course	Tuna Melt Baguette	Pasta Carbonara	Fish Fingers	Oven Baked Sausages	Chicken Curry served with Rice
Vegetarian option	Vegan Sausage Roll	Sweet Potato and Chickpea Curry served with Naan Bread	Mediterranean Pasta Bake	Margherita Pizza	Vegetarian Enchiladas

An option of potatoes, rice, pasta or bread including seasonal vegetables are served daily with all main courses **(Chips served on a Thursday)**

Pasta	Pasta served with a Selection of Vegetarian/Vegan & Meat sauces
Jacket potatoes	Every day we provide freshly baked Jacket Potatoes with a Selection of Fillings and side Salad. Cheese, Cheese and Beans, Beans, Tuna mayo
Sandwiches	Selection of sandwiches available daily
Salad bar	A daily selection of salad items e.g. mixed salad, sliced peppers, carrot sticks, cucumber sticks coleslaw, pasta salad, potato salad, cous cous salad, etc.
Dessert Option	Home made desserts of the day. Alternatively Fresh Fruit Pots Selection of Yoghurts or a piece of Fresh Fruit are available as a healthy option

Week 1 HMS & QE Gluten free menu

Please place your order at morning break if possible

Week Beginning - 13th November, 4th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional main	Sweet & Sour Chicken served with Rice QE & HMS	Savoury mince & gluten free Yorkshire pudding HMS Hot Beef in gluten free Bap QE	Gluten free Beef Lasagna QE & HMS	Gluten free Breaded Fish HMS Gluten free Chicken Goujon QE	Pork Korma with Rice HMS Gluten free Breaded fish QE
Vegetarian option	Gluten free pizza baguette	Gluten free Mexican bean wrap	Gluten free pasta served with vegetarian sauce	Gluten free Quiche	Vegetarian Chilli with Tacos
Grab N Go	Gluten free Paninis		Gluten free Paninis		Gluten free Paninis
Gluten free pasta	Gluten free Pasta served with a selection of vegetarian/vegan & meat sauces				
Jacket potato	Every day we provide freshly Baked Jacket Potatoes with a selection of fillings and side salad. Cheese, Cheese and Beans, Beans, Tuna mayo				
Dessert Option	Please ask for the daily gluten free dessert option Alternatively Fresh Fruit Pots, Selection of Yoghurts & Fresh Fruit are also available daily				

Week 2 HMS Gluten free Menu Please place your order at morning break if possible

Week Beginning - 20th November, 11th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional main	Spaghetti Bolognaise	Chilli Beef Tacos	Roast Pork & Gluten Free Yorkshire Pudding	Gluten Free Beef Burger in a Bun	Chicken Tikka Masala served with Rice
Vegetarian option	Gluten Free Cheese Fajita Wrap	Sweet Potato and Chickpea Curry served with Rice	Gluten Free Macaroni Cheese	Gluten Free Pazzini	Gluten Free Red Pesto Penne Pasta
Grab N Go	Gluten Free Panini		Gluten Free Panini		Gluten Free Panini
Gluten free Pasta	Pasta served with a selection of vegetarian/vegan & Meat sauces				
Jacket potato	Every day we provide freshly Baked Jacket Potatoes with a selection of fillings and side salad. Cheese, Cheese and Beans, Beans, Tuna mayo				
Dessert Option	Please ask for the daily gluten free dessert option Alternatively Fresh Fruit Pots, Selection of Yoghurts & Fresh Fruit are also available daily				

Week 3 HMS & QE Gluten free Menu

Please place your order at morning break.

Week Beginning - 6th November, 27th November, 18th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Daily main course	Gluten Free Pasta Carbonara	Pork Meatballs with Gluten Free Spaghetti	Gluten Free Mince Pie	Gluten Free Sausage	Gluten Free Chicken Goujon
Daily Vegetarian	Gluten Free Panini	Loaded Jacket Potato	Gluten Free Mediterranean Pasta Bake	Gluten Free Pizza	Gluten Free Vegetarian Enchilada
Grab N Go	Gluten Free Paninis		Gluten Free Paninis		Gluten Free Paninis
Gluten Free pasta	Gluten Free Pasta served with a selection of Vegetarian/Vegan & Meat sauces				
Jacket Potato	Every day we provide freshly Baked Jacket Potatoes with a Selection of Fillings and Side Salad. Cheese, Cheese and Beans, Beans, Tuna Mayo				
Dessert Options	Please ask for the daily gluten free dessert option Alternatively Fresh Fruit Pots, Selection of Yoghurts & Fresh Fruit are also available daily				

Additional items available to buy at Lunchtime

Price List

- ▶ Homemade Biscuit £0.35
- ▶ Homemade Traybake/Flapjack £0.50
- ▶ Selection of Drinks - From £0.50
- ▶ Fruit Pots £0.75
- ▶ Granola Pots - £0.75
- ▶ Cheese and Crackers - £0.75
- ▶ Yoghurt from £0.60
- ▶ Fresh Fruit - From £0.40
- ▶ Daily Dessert Option £0.95
- ▶ Sauce Portion £0.10

HMS Morning Break Price List

- ▶ Toast - £0.30
- ▶ Fresh Fruit - From £0.40
- ▶ Teacake/Crumpet/Muffin/Bagel £0.45
- ▶ Danish Pastries - £0.50
- ▶ Freshly Baked Scones £0.60
- ▶ Yoghurt from £0.60
- ▶ Cereal & Milk £0.75
- ▶ Fruit Pots £0.75
- ▶ Granola Pots - £0.75
- ▶ Cheese and Crackers £0.75
- ▶ Bacon or Sausage Sandwich - £1.00
- ▶ Veggie Sausage Sandwich - £1.00
- ▶ Breakfast Pizza - £1.00
- ▶ Selection of Drinks - From £0.50
- ▶ Sauce Portion £0.10