

# HMS Week One Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Main Course	Chicken Goujon Wrap	Beef Lasagna	Mince & Dumplings	Fish & Chips	Chicken Curry with Rice and Naan Bread
Main Course	Mediterranean Pasta Bake	Ham & Cheese Panini	Sausage Roll	Breaded Turkey Burger in a Bun & Chips	Pepperoni Pizza Baguette
Vegetarian Option	Mediterranean Pasta Bake	Cheese Panini	Vegan Sausage Roll	Quorn Goujons & Chips	Cheese Pizza Baguette
An option of potatoes, rice, pasta or bread including seasonal vegetables are served daily with all main courses <b>(Chips served on a Thursday)</b>					
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.				

We cannot guarantee the absence of allergens, as some products we use often say "may contain" although it is not listed as an ingredient. *Our school endeavours as far as possible to be a nut-free school. This includes sesame seeds. however, some products we use do say "May contain peanut" "Manufactured in a facility that uses peanut ingredients" "Manufactured in a facility which processes peanuts"*

# HMS Week Two Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Main Course	Chilli Beef with Tortilla Chips	Spaghetti Bolognaise	Chicken Pie	Beef burger in a bun & Chips	Chicken Goujons in a Wrap
Main course	Red Pesto Penne Pasta Served with Garlic Bread	Cheese & Pepperoni Panini	Oven baked sausages with Yorkshire puddings	Fish Cake & Chips	Pork Korma, Rice & Naan bread
Vegetarian option	Red Pesto Penne Pasta Served with Garlic Bread	Cheese Panini	Vegetarian sausage served with Yorkshire pudding	Vegetable burger in a bun	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 Sauce				
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.				

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# HMS Week Three Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Main Course	Tex Mex Burrito	Meatballs in Tomato Sauce with Spaghetti	Chicken Casserole Yorkshire pudding, potatoes and veg	Fish Fingers & Chips	Chicken Tikka served with Rice and Naan Bread
Main course	Green Pesto Pasta served with Garlic Bread	Breaded Fish burger in a bun	Mince Pie served with Potatoes and Vegetables	Chicken nuggets & chips	Macaroni Cheese & Crusty Bread
Vegetarian option	Green Pesto Pasta served with Garlic Bread	Vegetable Burger in a Bun	Mozzarella sticks in a wrap	Mexican bean wrap	Macaroni Cheese & Crusty Bread
An option of potatoes, rice, pasta or bread including seasonal vegetables are served daily with all main courses <b>(Chips served on a Thursday)</b>					
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.				

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