

HMS Week One Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken Enchilada	Beef Lasagna	Mince & Dumplings	Fish & Chips	Chicken Tikka Masala with Rice, Naan Bread
Main Course	Mediterranean Pasta Bake	Ham & Cheese Panini	Chicken Fillet	Sausage Roll & Chips	Pepperoni Pizza Baguette
Vegetarian Option	Mediterranean Pasta Bake	Cheese Panini	Vegan Sausages	5 Bean Chili with Tacos	Cheese Pizza Baguette

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 Options	Rice Pudding and peaches	Jelly Fruit Sundae	Fairy Cakes	Vanilla Cheesecake	Chocolate and Pear Sponge with Custard

Available daily Fresh Fruit Pots, Selection of Yoghurts, Cheese and Crackers or a piece of Fresh Fruit.

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
Main Course	Chilli Con Carne with Rice	Spaghetti Bolognaise	Chicken Pie	Beef Burger in a Bun & Chips	Pork Korma, Rice & Naan bread
Main course	Green Pesto Pasta served with Garlic Bread	Pizza Wrap	Oven baked sausages with Yorkshire puddings	Fish Cake & Chips	Chicken Goujons in a Wrap
Vegetarian option	Green Pesto Penne Pasta Served with Garlic Bread	Cheese Fajita Wrap	Vegan sausage Roll	Mexican Bean Tortilla	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 Options	Oaty Rhubarb Crumble and Custard	Chocolate & Beetroot Cake	Raspberry Dessert Whip	Blueberry Muffin	Rice pudding
Available daily Fresh Fruit Pots, Selection of Yoghurts, Cheese and Crackers or a piece of Fresh Fruit.					
<p>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"</p> <p>"Manufactured in a facility that uses peanut ingredients" "Manufactured in a facility which processes peanuts"</p>					

HMS Week Three Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Tex Mex Pork Burrito	Meatballs in Tomato sauce served with Pasta	Chicken Casserole Yorkshire pudding,	Salmon Fish Fingers & Chips	Spaghetti Carbonara
Main course	Macaroni Cheese	Cheese & Pepperoni Panini	Mince Pie	Chicken Tenders & Chips	Red Pesto Penne Pasta Served with Garlic Bread
Vegetarian option	Macaroni Cheese	Cheese Panini	Quorn Fillet	Vegetarian Chilli with Rice	Red Pesto Pasta served with Garlic Bread
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 Options	Apple & Blackberry Crumble and Custard	Carrot Cake	Mandarin Cheesecake	Fruity Flapjack	Brownie
Available daily Fresh Fruit Pots, Selection of Yoghurts, Cheese and Crackers or a piece of Fresh Fruit.					

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"*