

Hounslow Heath Infant & Nursery Sept – Oct 2020 Lunch Menu

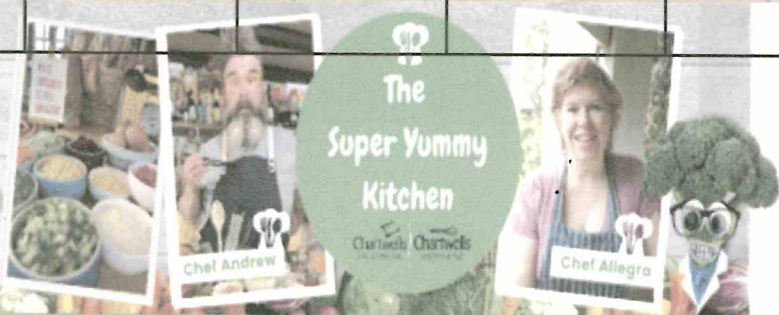
Week 1 - w/c 31/8; 14/9; 28/9; 12/10;

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b> (may contain egg)	<b>Cheese and Tomato Pizza **</b> With garlic dough ball  Simple but classic!	Jacket Potato with Tuna	<b>Keema Matar served with Chapati</b>  Lightly spiced lamb mince with peas and served with Chapatti	<b>Lamb Lasagne**</b>  A classic Italian Lamb lasagne in a yummy tomato sauce	<b>Southern Fried Chicken Tasters &amp; Chips</b>  Lightly seasoned crispy chicken strips and wedges
<b>Vegetarian</b> (No Egg)	<b>Spiced Red Lentil Dhal with a Rice side**</b> 93132800 93035026 An Indian lentil curry.	Jacket Potato with Baked Beans & Cheese	<b>Matar Paneer with a Chapatti</b> 93157279 93107817 A veggie Indian dish with peas and paneer cheese	<b>Tomato and Basil Pasta **</b> A delicious fresh, homemade tomato and basil sauce with penne pasta	<b>Veggie Nugget and Chips &amp; Ketchup</b>
<b>Desserts</b>	Secret Brownie	Raspberry Ripple Ice Cream	Banana Oat Bite*	Summer Berry & Peach Oaty Crumble* With Custard	Apricot & Carrot Slice

Week 2 - w/c 7/9; 21/9; 5/10; 19/10

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b> (may contain egg)	Jacket Potato with Salmon Mayonnaise	<b>Baked Macaroni (V)</b>  Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Chicken Tikka Mašala with a Rice side **</b>  A classic mild and creamy curry	<b>Roast diced chicken with Mash &amp; Veg Gravy</b>	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
<b>Vegetarian</b> (No Egg)	<b>Tomato &amp; Mozzarella Pizza **</b>  Simple but classic... a wedge of pizza topped with mozzarella cheese	<b>Tomato and Basil Pasta **</b> A simple, no fuss pasta dish with a tomato and basil sauce	<b>Veggie Korma ** with a Rice side **</b>  A Vegetarian version of the classic mild Korma with roast cauliflower and chickpeas	<b>Sausage, Mash &amp; Veg Gravy</b>	<b>Beany Burger with Chips (V)</b>  A delicious homemade beany burger
<b>Desserts</b>	Creamy Peach Rice Pudding	Apple & Carrot Yoghurt Muffin*	Strawberry Ice Cream	Chocolate Cake	Oatie Biscuit with Fruit Slices*

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