Lavender Country Kitchen menu for HEPS

	Deli Options	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Monday	Ham packed lunch, fruit yoghurt, crisps and cookie.	Wholegrain Pasta Bolognaise and Carrots	Butchers beef burger in a bun with carrot sticks	Meatballs in tomato sauce, wholegrain pasta and sweetcorn	Sausages, hashbrowns and baked beans	Meatballs in tomato sauce, wholegrain pasta and sweetcorn	Jacket potato with chicken and bacon mayo	Butchers beef burger in a bun with carrot sticks
		Stuffed Peppers	Bean burger in a bun with carrot sticks	Vegetarian meatballs in tomato sauce, wholegrain pasta and sweetcorn	Vege sausage, hashbrowns and baked beans	Vegetarian meatballs in tomato sauce, wholegrain pasta and sweetcorn	Jacket potato, cheese/beans and cucumber sticks	Bean burger in a bun with carrot sticks
		Strawberry yogurt and waffle	Strawberry iced smoothie	Artic roll	Rocky road	Strawberry iced smoothie	Apricot oaty slice	Artic roll
		Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
		Fruit yoghurt	Fruit yoghurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt
Tuesday	Cheese packed lunch, fruit, yoghurt, crisps and jam tart.	Roast chicken, roast potatoes, seasonal vegetables & gravy	Roast pork, Yorkshire pudding, roast potatoes, seasonal vegetables & gravy	Roast chicken, roast potatoes, seasonal vegetables, gravy	Roast chicken, roast potatoes, seasonal vegetables and gravy	Roast chicken, roast potatoes, seasonal vegetables and gravy	Roast sausage, roast potatoes, seasonal vegetables & gravy	Roast chicken, roast potatoes, seasonal vegetables & gravy
		Vegetarian roast, roast potatoes, seasonal vegetables & gravy	Vegetarian roast, roast potatoes, seasonal vegetables and gravy	Vegetarian roast, roast potatoes, seasonal vegetables and gravy	Vegetarian roast, roast potatoes, seasonal vegetables and gravy	Vegetarian roast, roast potatoes, seasonal vegetables & gravy	Vegetarian roast, roast potatoes, seasonal vegetables and gravy	Vegetarian roast, roast potatoes, seasonal vegetables & gravy
		Mango and orange iced smoothie	Peaches and ice cream	Neapolitan loaf cake	Apple shortbread	Fruit jelly and custard	Pancakes and fruit coulis	Carrot Cake
		Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
		Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt
Wednesday	Ham wrap, packed lunch, fruit, yoghurt, crisps and shortbread.	Macaroni cheese, garlic bread & garden salad	Cheese & tomato pizza and carrot sticks	Butchers' sausage in a bun and cucumber sticks	Cheese & tomato pizza and carrot sticks	Cheese and tomato pizza and vegetable sticks	Chicken nuggets, wedges and peas	Chicken goujons, waffles and baked beans.
		Macaroni cheese, garlic bread & garden salad	Cheese & tomato pizza and carrot sticks	Vegetarian sausage in a bun and cucumber sticks	Cheese & tomato pizza and carrot sticks	Cheese and tomato pizza and vegetable sticks	Vegetable burger, wedges and peas	Jacket potato with baked beans and vegetable sticks
		Fruit jelly and ice cream	Chocolate Marble cake	Apple crumble and ice cream	Peach and raspberry crumble & ice cream	Apple cake	Vanilla ice cream and berry coulis	Mango and orange iced smoothie
		Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
		Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt
Thursday	Cheese packed lunch, fruit, yoghurt, crisps and cake bar.	Butchers' sausage, mash, peas and gravy	Chicken breast nuggets, wedges and sweetcorn	Mild chicken korma, wholegrain rice and peas	Wholegrain pasta bolognaise and broccoli	Sausage roll, waffle and baked beans	Macaroni cheese, garlic bread and garden salad	Mild chilli con carne, wholegrain rice and carrots
		Vegetarian sausage, mash, peas and gravy	3 bean chilli jacket potato	Sweet and sour vegetables & tofu and wholegrain rice	Jacket potato with beans and cucumber sticks	Tomato soup and focaccia	Macaroni cheese, garlic bread and garden salad	Wholegrain roasted vegetable pasta and garlic bread
		Chocolate sponge & chocolate custard	Vanilla ice cream & berry coulis	Fruit salad and squirty cream	Flapjack	Swiss roll	Toffee cake	Fruit jelly and custard
		Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
		Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt
Friday	Ham packed lunch, fruit, yoghurt, crisps and angel cake.	Fishcake, smiley faces And baked beans	Battered fish, potato waffle And spaghetti hoops	Fishcake, smiley faces and baked beans	Fish fingers, waffle and peas	Fishcake, smiley faces and baked beans	Battered fish, potato waffle and spaghetti hoops	Fish fingers, waffle and peas
		Fishless fingers, smilies and beans	Tomato soup and focaccia	Cheese and onion pasty, smiley faces and baked beans	Macaroni cheese and peas	Quorn nuggets, smilies and baked beans	Mediterranean vegetable Gnocchi bake	Macaroni cheese and peas
		Blueberry muffin	Victoria sponge	Oat and raisin cookie	Iced shortbread	Jam doughnut	Strawberry iced smoothie	Mint choc chip ice cream
		Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
		Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt	Fruit yogurt