

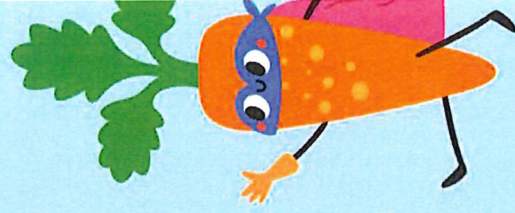


Hero Winter Menu 25-26



**SUPER
CHARGE
YOUR
LUNCH!**

BECOME
A SUPER
HEALTHY
**SUPER
HERO!**



WEEK 1: 3 Nov, 24 Nov, 15 Dec, 5 Jan, 26 Jan, 23 Feb, 16 Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Beef Burger	Chicken Pie & Gravy	Roast Chicken with Stuffing & Gravy	Quorn Dipper Taco with Sweet Chilli Sauce (Ve)	Fish Fillet Fingers
MAIN MEAL 2	Potato Frittata (v)	Swedish Style Plant-Based Meatballs (New) (v)	Plant-Based Shepherds Pie (Ve)	Mac 'n' Cheese (v)	Margherita Pizza (v)
SIDE DISH	Potato Wedges or Pasta	Mashed Potatoes or Pasta	Roast Potatoes or Wholemeal Pasta	Diced Potatoes or Herby Garlic Bread	Chips or Tricolour Pasta
JACKET POTATO VARIOUS	Baked Beans (Ve), Grated Cheese (v), Cheese & Beans (v), Tuna Mayo	Baked Beans (Ve), Grated Cheese (v), Cheese & Beans (v), Tuna Mayo	Baked Beans (Ve), Grated Cheese (v), Cheese & Beans (v), Tuna Mayo	Baked Beans (Ve), Grated Cheese (v), Cheese & Beans (v)	Baked Beans (Ve), Grated Cheese (v), Cheese & Beans (v), Tuna Mayo
COLD OPTION FIXED	Tuna Mayo Roll	Cheese Roll (v)	Ham Roll	Cheese Roll (v)	Egg Mayo Roll (v)
DESSERT	Apple Strudel & Custard (v) (50% Fruit)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (Ve) (50% Fruit)	Chocolate Orange Jelly Mousse (v) (New)	Gingerbread Biscuit (v)

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Vegetables and a variety of salads are served daily. V = Vegetarian Ve = Vegan.



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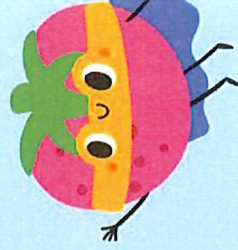


Hero Winter Menu 25-26



WEEK 2: 10 Nov, 1 Dec, 12 Jan, 2 Feb, 2 Mar, 23 Mar

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Quorn Hotdog (v)	Pork Sausages & Gravy	Roast Beef & Gravy	Chicken Curry	Fish Fillet Fingers
MAIN MEAL 2	Margherita Wrap (v)	Roasted Butternut Squash Curry (Ve)	Roast Quorn Fillet (Ve) with Stuffing & Gravy	Breaded Bean & Vegetable Grill (Ve)	Margherita Pizza (v)
SIDE DISH	Potato Wedges or Pasta	Mashed Potatoes or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Brown & White Rice or Pasta	Chips or Tricolour Pasta
JACKET POTATO VARIOUS	Baked Beans (Ve), Grated Cheese (v), Cheese & Beans (v)	Baked Beans (Ve), Grated Cheese (v), Cheese & Beans (v), Salmon Mayo	Baked Beans (Ve), Grated Cheese (v), Cheese & Beans (v), Tuna Mayo	Baked Beans (Ve), Grated Cheese (v), Cheese & Beans (v), Tuna Mayo	Baked Beans (Ve), Grated Cheese (v), Cheese & Beans (v)
COLD OPTION FIXED	Cheese Roll (v)	Salmon Mayo Roll	Cheese Roll (v)	Ham Roll	Egg Mayo Roll (v)
DESSERT	Pear & Apple Crumble & Chocolate Custard (50% Fruit) (v)	Fresh Fruit Wedges (Ve)	Fresh Fruit Jelly (50% Fruit) (Ve)	Iced School Sponge (v)	Favourite Cookie (Ve)

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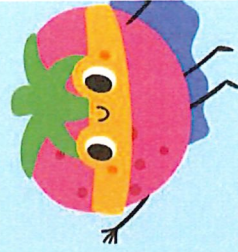


Hero Winter Menu 25-26



WEEK 3: 17 Nov, 8 Dec, 19 Jan, 9 Feb, 9 Mar

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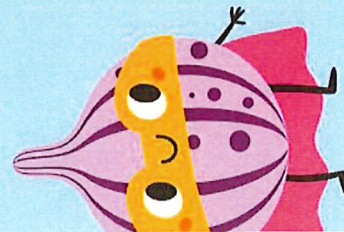


**BECOME
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Beef Bolognese	Breaded Chicken Katsu Curry	Roast Chicken with Stuffing & Gravy	Quorn Burger (V)	Battered Fish Fillet
MAIN MEAL 2	Plant-Based Grill (Ve)	Cheese Pinwheel (V)	Plant-Based Sausages & Gravy (Ve)	Vegetarian Lasagne (V)	Margherita Pizza (V)
SIDE DISH	Spaghetti or Potato Wedges	Brown & White Rice or Pasta	Roast Potatoes or Wholemeal Pasta	Diced Potatoes or Herby Garlic Bread	Chips or Tricolour Pasta
JACKET POTATO VARIOUS	Baked Beans (Ve), Grated Cheese (V), Cheese & Beans (V), Tuna Mayo	Baked Beans (Ve), Grated Cheese (V), Cheese & Beans (V), Tuna Mayo	Baked Beans (Ve), Grated Cheese (V), Cheese & Beans (V), Tuna Mayo	Baked Beans (Ve), Grated Cheese (V), Cheese & Beans (V)	Baked Beans (Ve), Grated Cheese (V), Cheese & Beans (V), Tuna Mayo
COLD OPTION FIXED	Tuna Mayo Roll	Cheese Roll (V)	Ham Roll	Cheese Roll (V)	Egg Mayo Roll (V)
DESSERT	Fresh Fruit Wedges (Ve)	Oaty Fruit Crunch (Ve) (50% Fruit)	Fresh Fruit Jelly (Ve) (50% Fruit)	Apple Sponge & Custard (V)	Chocolate Brick Wall (Ve)

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