

Hero Menu Summer-Autumn 2025

WEEK 1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Chicken Curry	Quorn Burger in a Bun (v)	Roast Chicken with Sage & Onion Stuffing & Gravy	Pork Sausages with Gravy	Battered Fish Fillet
MAIN MEAL 2	All Day Breakfast (v) (Omelette, Grilled Tomato, Beans)	Beany Seashell Pasta (Ve)	Cheesy Spring Vegetable & Potato Bake (v)	Sweet & Sour Quorn (v)	Cheese & Tomato Pizza (v)
SIDE DISH	Brown & White Rice or Hash Brown	Potato Wedges or Herby Garlic Bread	Roast Potatoes or Wholemeal Pasta	Diced Potatoes Or Brown & White Rice	Potato Wedges or Tricolour Pasta
COLD OPTION	<i>cheese</i> <i>cheese spread</i> <i>Tuna</i> <i>HAM</i> <i>Egg.</i>				
EXTRA OPTION					
DESSERT					
WEEK 2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Bean & Cheese Slice (v)	Chicken Pie with Gravy	Roast Beef with Gravy	Beef Burger in a Bun	Salmon & Sweet Potato Fishcake
MAIN MEAL 2	Macaroni Cheese (v)	Mild Mexican Bean Chilli (Ve)	Plant Sausages with Gravy (Ve)	Roasted Summer Veg Pasta (Ve)	Cheese & Tomato Pizza (v)
SIDE DISH	Diced Potatoes or Herby Garlic Bread	Potato Wedges or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Wholemeal Pasta or Diced Potatoes	Chips or Tricolour Pasta
COLD OPTION	<i>cheese</i> <i>HAM</i> <i>Tuna</i> <i>cheese spread</i> <i>Egg.</i>				
EXTRA OPTION	as with various toppings				
DESSERT					
WEEK 3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Chicken & Sweetcorn Meatballs with a Tomato Sauce	Beef Bolognese	Roast Pork with Sage & Onion Stuffing & Gravy	Quorn Hot Dog (v)	Fish Fillet Fingers
MAIN MEAL 2	Breaded Bean & Vegetable Grill (Ve)	Mild Sweet Potato & Chickpea Curry (Ve)	Creamy Quorn & Sweetcorn Pasta Bake (v) (New)	Roasted Veg Lasagne (v)	Cheese & Tomato Pizza (v)
SIDE DISH	Spaghetti or Diced Potatoes	Pasta or Brown & White Rice	Roast Potatoes or Wholemeal Pasta	Potato Wedges or Herby Garlic Bread	Chips or Tricolour Pasta
COLD OPTION	<i>Tuna</i> <i>HAM</i> <i>cheese spread</i> <i>cheese</i> <i>Egg.</i>				
EXTRA OPTION					
DESSERT					

Menu Name: Hero

Menu Option 1 - 4 choices

Menu Option 2 - 3 choice with Jacket

Menu Option 3 - 3 choice with Chilled Offer