

**Hero****Winter Menu 25-26**

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

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

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

**SUPER
CHARGE
YOUR
LUNCH!**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	WK 1	Beef Burger	Chicken Pie & Gravy	Roast Chicken with stuffing & Gravy	Quorn Dipper Taco with Sweet Chilli Sauce (Ve)	Fish Fillet Fingers
	WK 2	Quorn Hotdog (v)	Pork Sausages & Gravy	Roast Beef & Gravy	Chicken Curry	Fish Fillet Fingers
	WK 3	Beef Bolognese	Breaded Chicken Katsu Curry	Roast Chicken with stuffing & Gravy	Quorn Burger (v)	Battered Fish Fillet
MAIN MEAL 2	WK 1	Potato Frittata (v)	Swedish Style Plant-Based Meatballs (New) (v)	Plant-Based Shepherds Pie (Ve)	Mac 'n' Cheese (v)	Margherita Pizza (v)
	WK 2	Margherita Wrap (v)	Roasted Butternut Squash Curry (Ve)	Roast Quorn Fillet (Ve) with Stuffing & Gravy	Breaded Bean & Vegetable Grill (Ve)	Margherita Pizza (v)
	WK 3	Plant-Based Grill (Ve)	Cheese Pinwheel (v)	Plant-Based Sausages & Gravy (Ve)	Vegetarian Lasagne (v)	Margherita Pizza (v)
COLD OPTION	WK 1	Tuna Mayo Roll	Cheese Roll (v)	Ham Roll	Cheese Roll (v)	Egg Mayo Roll (v)
	WK 2	Cheese Roll (v)	Salmon Mayo Roll	Cheese Roll (v)	Ham Roll	Egg Mayo Roll (v)
	WK 3	Tuna Mayo Roll	Salmon Mayo Roll	Cheese Roll (v)	Ham Roll	Egg Mayo Roll (v)

**BECOME
A SUPER
HEALTHY
SUPER
HERO!**