



Hero Summer-Autumn 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

22 April, 12 May, 9 June, 30 June, 2 September, 22 September, 13 October

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

COLD OPTION

EXTRA OPTION

Chicken Curry

Quorn Burger in a Bun

Roast Chicken with Sage & Onion Stuffing & Gravy

Battered Fish Fillet

Shepherdess Pie

Lentil Bake

Cheesy Spring Vegetable & Potato Bake

Veggie Sausages

Cheese & Tomato Pizza

Brown & White Rice or Hash Brown

Potato Wedges or Herby Garlic Bread

Roast Potatoes

Diced Potatoes

Potato Wedges or Tricolour Pasta

Tuna Roll

Cheese Roll

Ham Roll

Cheese Roll

Egg Roll

Jacket Potato with Various Toppings

BECOME A SUPER HEALTHY SUPER HERO!

WEEK 2

28 April, 19 May, 16 June, 7 July, 8 September, 29 September

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

COLD OPTION

EXTRA OPTION

Cheesy Pinwheel

Chicken Pie with Gravy

Roast Beef with Gravy

Beef Burger in a Bun

Fishfingers

Mild Mexican Bean Chili

Roasted Summer Veg Pasta

Veggie Sausages with Gravy

Macaroni Cheese

Cheese & Tomato Pizza

Potato Wedges or Brown & White Rice

Diced Potatoes or Herby Garlic Bread

Roast Potatoes

Diced Potatoes

Chips or Tricolour Pasta

Cheese Roll

Ham Roll

Tuna Roll

Egg Roll

Cheese Roll

Jacket Potato with Various Toppings

WEEK 3

6 May, 2 June, 23 June, 14 July, 15 September, 6 October

MAIN MEAL 1

MAIN MEAL 2

SIDE DISH

COLD OPTION

EXTRA OPTION

Chicken & Sweetcorn Meatballs with a Tomato Sauce

Beef Bolognese

Roast Chicken with Sage & Onion Stuffing & Gravy

Fish Fillet Fingers

Mild Sweet Potato & Chickpea Curry

Breaded Bean & Vegetable Grill

Cheese/Broccoli & Potato Bake

Roasted Veg Lasagne

Cheese & Tomato Pizza

Pasta or Brown & White Rice

Spaghetti or Diced Potatoes

Roast Potatoes

Potato Wedges or Herby Garlic Bread

Chips or Tricolour Pasta

Cheese Roll

Ham Roll

Tuna Roll

Cheese Roll

Egg Roll

Jacket Potato with Various Toppings

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



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