

HERITAGE WEEK

16/10/2023 – 19/10/2023



MONDAY

Meat: Chicken Curry with Rice

Vegetarian:

Option 1. Daal with Rice

Option 2. Veg Curry with Rice

Additional: Samosa

Sides: Mixed Vegetables/Green Beans

Dessert: Kheer (Rice pudding)



Did you know: India was the first country to mine diamonds?



TUESDAY

Did you know: More than 200 languages spoken in Europe

Meat: Chicken Pizza with peppers and sweetcorn

Vegetarian:

Option 1. Vegetable pizza with peppers and sweetcorn

Option 2. Tomato Pasta

Sides: Sweetcorn/Baked Beans

Dessert: Belgian Chocolate Brownie



WEDNESDAY

Meat: Turkey with Yorkshire Pudding, Potato and Gravy

Vegetarian: "Toad in a hole" with Yorkshire Pudding, Potato and Gravy

Sides: Cabbage and Carrots

Dessert: Jelly and Ice Cream



Did you know: The largest country of the UK is England. The smallest country is Northern Ireland.

THURSDAY

Did you know: Africa is the second largest continent of the world

Meat: Option 1. Jollof Lamb and Rice

Option 2. Jerk Chicken

Vegetarian:

Vegetarian: Vegetable Jollof Rice

Sides: Sweetcorn/Plantain

Dessert: Ginger Cake with Ice Cream



HERITAGE WEEK MENU