

Autumn/Winter GCC 2022





-  Added Plant Power
-  Vegan
-  Wholemeal

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

ALLERGY INFORMATION:
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tomato & Vegetable Pasta 	Beefburger in a bun	Roast Gammon, Roast Potatoes & Gravy	Chicken Korma with Rice	Breaded Cod Fish Fingers with Chips & Tomato sauce
Option 2	Cheese & Tomato Pinwheel with Wedges 	Moroccan Vegan balls in Tomato sauce with rice 	Vegetable Wellington with Roast Potatoes 	Broccoli & Cheese Pasta Bake	Vegan Mexican Roll with Chips 
Option 3	Tomato Soup with a Vegetable Sausage Baguette	Jacket Potato with BBQ Baked Beans 	Tuna & Chickpea Pasta 	Tomato Soup with Cheese Baguette	Jacket Potato with Tuna & Sweetcorn
Vegetables	Broccoli Sweetcorn	Roasted sweet potato Peas	Savoy Cabbage Carrots	Green Beans Cauliflower	Peas Baked Beans
Dessert	Carrot Cake with Custard	Orange & Cinnamon Cookie 	Raspberry Jelly 	Apple Flapjack with Custard 	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily					

Week Two

Option 1	Sweet Potato & Vegetable Curry with Rice 	Beef Meatballs with Mash & Gravy	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Beef Lasagne with Garlic Bread  	Breaded Pollock or Salmon Fishfingers with Chips & Tomato Sauce
Option 2	Macaroni Cheese	Vegan Spaghetti Bolognaise 	Roast Quorn, Roast Potatoes & Gravy 	Southern Style Vegan Burger in a Bun 	Cheese & Bean Pasty with Chips
Option 3	Tomato Soup with spiced bean Burger in a bun 	Jacket Potato with Baked Beans 	Tomato & Lentil & cheese Pasta	Tomato Soup with a Ham Salad Baguette	Jacket Potato with Tuna or Cheese
Vegetables	Sweetcorn Savoy Cabbage	Green Beans Carrots	Cauliflower Peas	Broccoli Sweetcorn	Peas Carrots
Dessert	Apple & berry Crumble with Custard 	Lemon Drizzle Cake	Vanilla Shortbread 	Chocolate & Beetroot Brownie with Chocolate sauce	Iced Vanilla Sponge
Or a choice of Yoghurt & Fresh Fruit available daily					

Week Three

Option 1	Cheese & Tomato Pizza & Wedges 	Pork Sausages, Mashed Potato & Gravy	Roast Turkey, Roast Potatoes & Gravy	Chicken Pasta Bake	Battered Cod with Chips & Tomato Sauce
Option 2	Falafel with Herb Rice 	Vegetable Enchilada with Rice	Lentil Puff Pastry, Roast Potatoes & Gravy 	Vegan Sausages Mashed Potatoes & Gravy	BBQ Quorn with Chips 
Option 3	Tomato Soup with Vegan Ball Baguette 	Jacket Potato with Baked Beans 	Tomato Arrabiata and Butterbean Pasta 	Tomato Soup with Tuna Baguette	Jacket Potato with Vegetable Chilli 
Vegetables	Sweetcorn Mixed Salad	Carrot Green Beans	Swede Broccoli	Sweetcorn Savoy Cabbage	Peas Mixed salad
Dessert	Lemon & Mixed Berry Cake with Custard	Chocolate Shortbread 	Jelly & Mandarins 	Pineapple Cake with Custard	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily					