

GCC Winter Spring Menu 2023

Monday (MFM)

Tuesday

Wednesday

Thursday

Friday

Week One

02/01/23
23/01/23
13/02/23
13/03/23

Option 1	Cheese & Tomato Pizza with Wedges 	Beef Lasagne with Garlic Bread 	Roast Turkey with Roast Potatoes & Gravy	Chicken Enchiladas with Rice 	Fish Fingers with Chips & Tomato Sauce
Option 2	Vegetable & Bean Fajitas with Rice 	Creamy Vegetable Pie with New Potatoes 	Vegan Quorn with Roast Potatoes & Gravy 	Vegetable Hotpot with Rice 	Mexican Bean Roll with Chips & Tomato Sauce 
Option 3	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Beans	Jacket Potato with Cheese
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
Dessert	Syrup Snap Biscuit 	Eves Pudding with Custard	Fruit Jelly with Mandarins 	Vanilla Sponge with Custard	Oaty Cookie 
	Or a choice of Yoghurt & Fresh Fruit available daily				

Week Two

09/01/23
30/01/23
27/02/23
20/03/23

Option 1	Vegetable Pasta Bake 	Spaghetti Bolognese 	Roast Gammon with Roast Potatoes, Stuffing & Gravy	Chef's Special Chicken Korma with Rice 	Fish Fingers or Salmon Fishfingers with Chips & Tomato Sauce
Option 2	Sweet Potato Curry with Rice 	Cheesy Bean Pasty with Cajun Wedges 	Vegetable Wellington with Roast Potatoes, Stuffing & Gravy 	Vegan Spaghetti Bolognese 	Beetroot Burger in a Bun with Chips 
Option 3	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Beans	Jacket Potato with Cheese
Vegetables	Seasonal Salad Bar	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
Dessert	Orange Drizzle Cake	Sticky Toffee Apple Crumble with Custard 	Peaches and Ice Cream	Apple Flapjack 	Vanilla Shortbread 
	Or a choice of Yoghurt & Fresh Fruit available daily				

Week Three

16/01/23
06/02/23
06/03/23
27/03/23

Option 1	Macaroni Cheese	Pork Sausage Hot Dog with Potato Wedges	Roast Chicken with Roast Potatoes & Gravy	Chicken Casserole with Rice 	Fish Fingers with Chips & Tomato Sauce 
Option 2	Vegetable Hot Dog with Potato Wedges 	Vegan Pasta Bake 	Vegetable Gratin with Roast Potatoes & Gravy 	Vegetable Meatballs in Tomato Sauce with Pasta 	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
Option 3	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Beans	Jacket Potato with Cheese
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
Dessert	Orange & Lemon Shortbread 	Carrot Cake with Custard	Apple, Cheese and Crackers	Vanilla Sponge with Icing 	Chocolate Shortbread 
	Or a choice of Yoghurt & Fresh Fruit available daily				

-  Added Plant Power
-  Vegan
-  Wholemeal
-  Chef's Special

Available Daily:

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.