

GCC Spring/
Summer Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK ONE

17 April
8 May
5 June
26 June
17 July
11 September
2 October
23 October

Option one	Macaroni Cheese	Beef Lasagne with Homemade Garlic Bread	Roast Chicken with Roast Potatoes & Gravy	Minceed Beef & Onion Pie with New Potatoes	Fish Fingers with Chips & Tomato Sauce
Option two	Vegan Meatballs with Tomato Sauce & Rice	Five Bean Chilli with Rice	Sweet Potato & Spinach Flan with Roast Potatoes & Gravy	Vegan Spaghetti Bolognese	Vegan Sausage with Chips & Tomato Sauce
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Pears Baked Beans
Dessert	Vanilla Shortbread	Sticky Toffee Apple Crumble with Custard	Fruji Jelly with Mandarins	Vanilla Sponge with Custard	Chocolate Shortbread

WEEK TWO

24 April
15 May
12 June
3 July
24 July
18 September
9 October

Option one	Wholemeal Vegetable Pasta Bake	Pork Sausage with Mashed Potato & Tomato Relish	Roast Turkey with Stuffing, Roast Potatoes & Gravy	Chef's Special Chicken Komma with Rice	Salmon Fish Fingers/ Fish Fingers with Chips & Tomato Sauce
Option two	Spanish Omelette with Potato Wedges	Pilau Rice with Five Beans	Vegetable Wellington with Roast Potatoes & Gravy	Cheese & Tomato Pinwheel with New Potatoes	Beetroot Burger with Chips & Tomato Sauce
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Pears Baked Beans
Dessert	Lemon & Cucumber Sponge	Marble Sponge with Custard	Oaty Cookie	Peach Crumble & Custard	Apple, Cheese & Crackers

WEEK THREE

1 May
22 May
19 June
10 July
4 September
25 September
16 October

Option one	Vegetable Stir Fry Noodles	Spaghetti Bolognese	Roast Gammon with Roast Potatoes & Gravy	Chicken Enchiladas with Rice	Fish Fingers with Chips & Tomato Sauce
Option two	Vegan Sausage with Mashed Potato & Gravy	Lentil & Sweet Potato Curry with Rice	Vegan Quorn with Roast Potatoes & Gravy	Cheese & Tomato Pizza with Potato Wedges	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Pears Baked Beans
Dessert	Peaches with Ice Cream	Pear & Chocolate Upside Down Cake with Custard	Apple Flapjack	Banana Sponge with Custard	Fruity Shortbread

MENU KEY

Added plant power

Wholemeal

Vegan

Chef's Special

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

Available Daily:

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.