

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 Filling available daily		
Week Two 09/01/23 30/01/23 27/02/23 20/03/23	Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans	
	Dessert	Syrup Snap Biscuit	Eyes Pudding with Custard	Fruit Jelly with Mandarins	Vanilla Sponge with Custard	Oaty Cookie
	Option 1	Vegetable Pasta Bake	Spaghetti Bolognese	Roast Gammon with Roast Potatoes, Stuffing & Gravy	Chef's Special Chicken Koruma with Rice	Fish Fingers or Salmon Fishfingers with Chips & Tomato Sauce
Week Three 16/01/23 06/02/23 06/03/23 27/03/23	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 Filling available daily		
	Vegetables	Seasonal Salad Bar	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
Week Four	Dessert	Orange Drizzle Cake	Sticky Toffee Apple Crumble with Custard	Peaches and Ice Cream	Apple Flapjack	Vanilla Shortbread
	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 Fittata with Chips & Tomato Sauce
Week Five	Option 3			Jacket Potato with Filling available daily		
	Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Peas Baked Beans
	Dessert	Orange & Lemon Shortbread	Carrot Cake with Custard	Apple, Cheese and Crackers	Mixed Fruit Crumble with Custard	Chocolate Shortbread

Or a choice of Yoghurt & Fresh Fruit available daily

Renew 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.